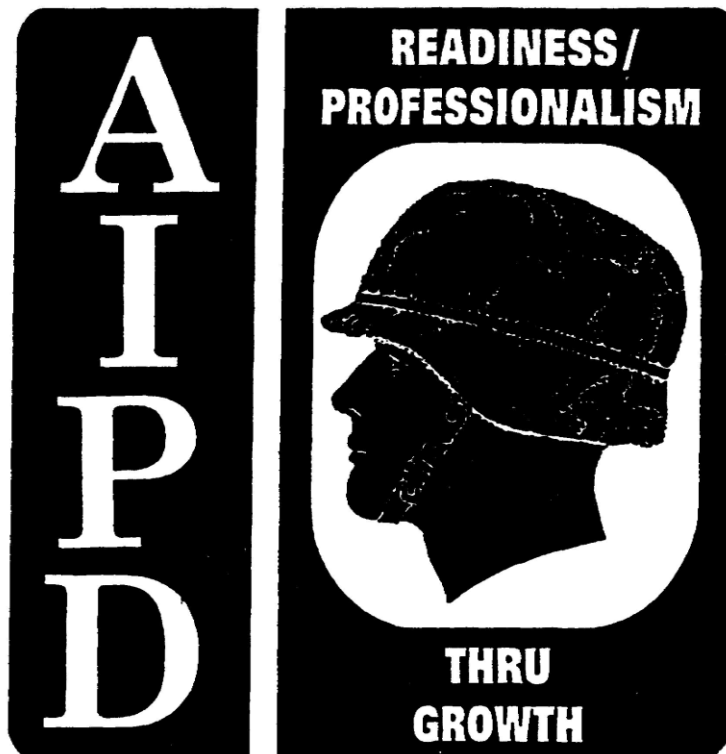


PREPARATION AND SERVING OF  
SPECIAL FOOD ITEMS



THE ARMY INSTITUTE FOR PROFESSIONAL DEVELOPMENT  
**ARMY CORRESPONDENCE COURSE PROGRAM**

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QM0471

PREPARATION AND SERVING OF SPECIAL FOOD ITEMS

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Edition 8  
4 Credit Hours

United States Army Combined Arms Support Command  
Fort Lee, VA 23801-1809

SECTION I

INTRODUCTION

1. SCOPE. This subcourse presents information on the preparation and serving of special food items. It includes information on planning menus, planning and serving buffets, and preparing centerpieces. It covers such details as the arrangement of beverages, food, tables, utensils, and decorations for buffets. The subcourse covers appetizers to include preparing and serving canapes and hors d'oeuvres. It also covers selecting and preparing appropriate pastry items for buffets.

2. APPLICABILITY. This subcourse is of interest to all food personnel. It is of particular interest to anyone involved in, or anticipating involvement in the preparation and serving of special food items. Successfully completed, this subcourse will provide you with a working knowledge of the preparation and serving of special food items. This knowledge, reinforced by additional training or experience, will enable you to function effectively in an assignment requiring a knowledge of the preparation and serving of special food items.

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## LESSON ASSIGNMENT

SUBJECT	Buffet Service.
STUDY ASSIGNMENT	Lesson Text.
SCOPE	Planning sit-down and finger-type buffets; menu planning; table arrangement; arrangement and replenishment of food; arrangement of beverages, utensils, and decorations; selection, construction, and display of centerpieces.
OBJECTIVES	As a result of successful completion of this assignment, you will be able to--

Given the task of providing a successful sit-down buffet and finger-type buffet

1. State factors involved in planning buffets,
2. Plan menus for sit-down and finger-type buffets,
3. Explain factors involved in food preparation,
4. Explain how tables should be arranged,
5. Identify items necessary for place settings for sit-down buffets,
6. State how food should be arranged and replenished on serving tables,
7. Explain how beverages and utensils should be arranged on tables,
8. Identify appropriate types of centerpieces, and state how centerpieces are prepared and displayed.

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## LESSON TEXT

### SECTION I

#### ADVANTAGES, TYPES, AND PLANNING OF BUFFETS

1. ADVANTAGES OF BUFFET SERVICES. The term "buffet" means a long table, sideboard, counter, or cabinet used to hold food for serving. The term now also applies to a meal arranged on a table or tables so that guests may serve themselves. A buffet meal can accommodate a larger number of guests than could be accommodated at a regular meal in the same space. Buffets also offer the advantage of easier service, require fewer personnel, and permit guests to select their favorite foods in quantities desired.

2. TYPES OF BUFFETS. Buffets may be classified in many ways, such as formal or informal, hot or cold, smorgasbord, sit-down or finger-type. All buffets, however, can be classified as sit-down buffets, where tables and chairs are provided for guests after they get their food, or as finger-type buffets, where no dining tables are provided and guests are free to move around and visit while they are eating.

3. PLANNING FACTORS TO BE CONSIDERED. Factors to be considered in planning a buffet are discussed below.

a. Type of Meal and Number of Guests. Before any concrete planning can be done, the planner must know the approximate number of guests to expect, and know whether the buffet is to be a sit-down buffet or a finger-type buffet. He must also know whether it is to be simple or elaborate; hot or cold; a light, low-caloric meal for dieters, or a meal with a greater variety of dishes for those with hearty appetites; an all-purpose buffet or a buffet for a special holiday or some special event; or a smorgasbord.

b. Price of the Meal. The price of the meal should be known to permit the planner to stay within the budget and still give members their money's worth.

c. Theme to be Used. The theme to be used is determined by the occasion or event for which the buffet is being planned. Whether the theme is a special holiday theme, wedding theme, seasonal theme, musical theme, Hawaiian theme, or any of the many themes called for, the decorations must be appropriate for the occasion, in good taste, and not too elaborate. The theme can be carried out in dining room decorations, table decorations, centerpieces, and in some cases, food garnishes.

d. Season of the Year and Time of Day. The season and time of day must be taken into account. The same type of menu would not be appropriate for a summertime brunch as for an evening buffet served during the winter months.



e. Facilities of the Open Mess. Some of the facilities that must be considered include kitchen facilities (cooking space, oven space, utensils), refrigerator space, serving utensils, dining room capacity, tables, and linens.

f. Availability of Food and Supplies. The planner must assure that all food items he is planning to serve and that all necessary supplies are available at the price the dining facility can pay.

g. Capabilities of Available Personnel. Only items that food service personnel can prepare well and present attractively should be used. This includes the cooking or baking of the items, plus garnishing and decorating certain items. An ice carving as a centerpiece should be planned only if someone skilled in the art is available; otherwise, a floral, fruit, or other type of centerpiece should be used.

h. Other Activities on the Post or Nearby. Other activities on the post or nearby may bring more members to the dining room or may cause fewer to be present on a particular day. A golf tournament, football game, or other sports event on the post may bring more members to the club to eat. On the other hand, if a banquet or party is being held in the area, fewer members could be expected.

4. AVOIDING LAST-MINUTE CONFUSION AND DELAYS. Some suggestions for avoiding last-minute confusion and delays are given below.

a. After a buffet has been planned in detail, a master plan should be written out and be reviewed with all personnel who will be involved in preparation and service. The plan should show food to be served, source of recipes for all dishes, containers to be used for finished displays (trays, bowls, platters, and similar items), centerpiece and other decorations, dining area, table arrangements, and directions for positioning food on the serving table. During the review, personnel should be given specific instructions on all assigned tasks.

b. After the review, the master plan should be posted where involved personnel can refer to it.

c. Alternate plans for the dining area should be made in case it is necessary to switch areas for any reason.

d. Stoves, refrigerators, and other necessary items of equipment should be checked to assure that they are functioning properly.

e. The person in charge should check on dining tables and chairs (sit-down buffet) and serving (buffet) tables to assure that an adequate number will be available on the scheduled date.

## SECTION II

### SIT-DOWN BUFFETS

5. MENU PLANNING. The person in charge of planning a buffet menu should consider the overall appearance of the buffet table, color combinations, and garnishes to be used in addition to choosing appropriate food items and planning the use of leftovers. Various buffet menus are discussed below.

a. Breakfast. Breakfast buffets are usually informal, and frequently guests gather slowly. For early guests, a separate table may be set up with fruit juices or iced fruits and hot coffee. Typical breakfast items should be displayed on the main buffet table: Cereals (hot and cold); toast; sweet rolls or coffee cake; hot cakes or waffles and sirup; sausage, bacon, or ham; and coffee, tea, and milk.

b. Brunch. A brunch buffet is commonly served on Sundays and holidays, and the menu includes breakfast items and luncheon items. The following items for brunch buffet menus are suggestions only, and obviously not all items would be included on the same menu: Fresh fruit, fruit juices; roast beef, chicken, chicken livers, sweetbreads, ham; sausage, bacon; eggs; pancakes or waffles with sirup; molded salads; potatoes; toast, sweet rolls, English muffins; Danish pastry, cheese cake, coffee cake; jelly or preserves; coffee, tea, milk. A brunch menu might consist of--

Melon Balls  
Broiled Canadian Bacon  
Roast Round of Beef  
Pancakes With Sirup  
Scrambled Eggs  
Hash Browned Potatoes  
Orange Salad Mold  
Assorted Sweet Rolls                      Strawberry Preserves  
Coffee, Milk, Tea

c. Luncheons. The menus below are given strictly as examples of various kinds of buffet luncheons. They are not intended to be used as rigid guidelines; the occasion itself dictates the number and types of dishes that should be included.

(1) Cold buffet luncheon for executives.

Fruit Bowl  
 Cold Sliced Ham  
 Carrot Sticks, Radishes, Celery  
 Spiced Peaches, Pickles, Olives  
 Assorted Sandwiches  
 Sliced Cheeses                      Deviled Eggs  
 Tossed Salad With Various Dressings  
 Cole Slaw  
 Assorted Crackers and Dip                      Hot Buttered Rolls  
 Strawberry Shortcake With Whipped Cream  
 Coffee, Milk, Tea

(2) Hot buffet luncheon for executives.

Oyster Soup  
 Swiss Steak With Mushrooms  
 Sauteed Noodles  
 Broccoli With Hollandaise Sauce  
 Buttered Carrots  
 Hot Buttered Rolls  
 German Chocolate Cake  
 Coffee, Milk, Tea

(3) Light buffet luncheon for ladies. A light luncheon menu may be planned when a buffet is arranged for a group of ladies. Some suggested entrees and supporting dishes are given below.

(a) Entrees.

Breast of Chicken Kiev  
 Avocado Stuffed With Crab Meat  
 Salmon Mousse en Bellevue

(b) Supporting dishes.

Waldorf Salad Mandarin  
 Relish Tray (sliced tomatoes, cucumbers,  
 green peppers, olives, small  
 wedges of lettuce)

(4) All-purpose buffet luncheon.

Shrimp Souffle                      Chicken Salad  
 Buttered Carrots and Peas  
 French Bowl Salad  
 Hot Buttered Rolls Jelly  
 Olives, Pickles, Radishes  
 Apricot Upside-down Cake  
 With Whipped Cream  
 Coffee, Nuts, Mints

d. Dinners. Dinner buffets are usually more elaborate than other buffets; however, they may range from an all-purpose meal to a very elaborate affair.

(1) All-purpose summer evening buffet. Listed below are suggested entrees and supporting dishes for an all-purpose summer evening buffet using cold sliced meats and cheeses.

(a) Entrees.

Sliced Baked Sugar Cured Ham  
Sliced Turkey  
Assorted Cheeses  
Sliced Roast Beef

(b) Supporting dishes.

Glazed Sweet Potatoes  
Vegetable Salad  
Cranberry Sauce  
Pickled Beets  
Assorted Breads With Butter  
Ice Cream With Cookies or Cake  
Coffee or Iced Tea

(2) Elaborate buffet dinner. For an elaborate buffet dinner a carver is usually present, and servers may or may not be used. An ice carving or other table decorations are usually used. Some suggested items for a buffet dinner are listed below.

- (a) A decorated turkey (fig. 1), chicken, ham (fig. 2), fish, or an arrangement of crabs or lobsters.
- (b) Bowls or platters of salads--potato, macaroni, cucumber, cole slaw or vegetable.
- (c) Dishes of olives, radishes.
- (d) Containers of appropriate cold sauces.
- (e) Some appropriate chafing dish items such as,

Chicken a la king on toast  
Lobster newburgh with rice  
Chicken creole with rice  
Chicken livers with spaghetti  
Beef stroganoff with noodles  
Chicken fricassee  
Hungarian beef goulash

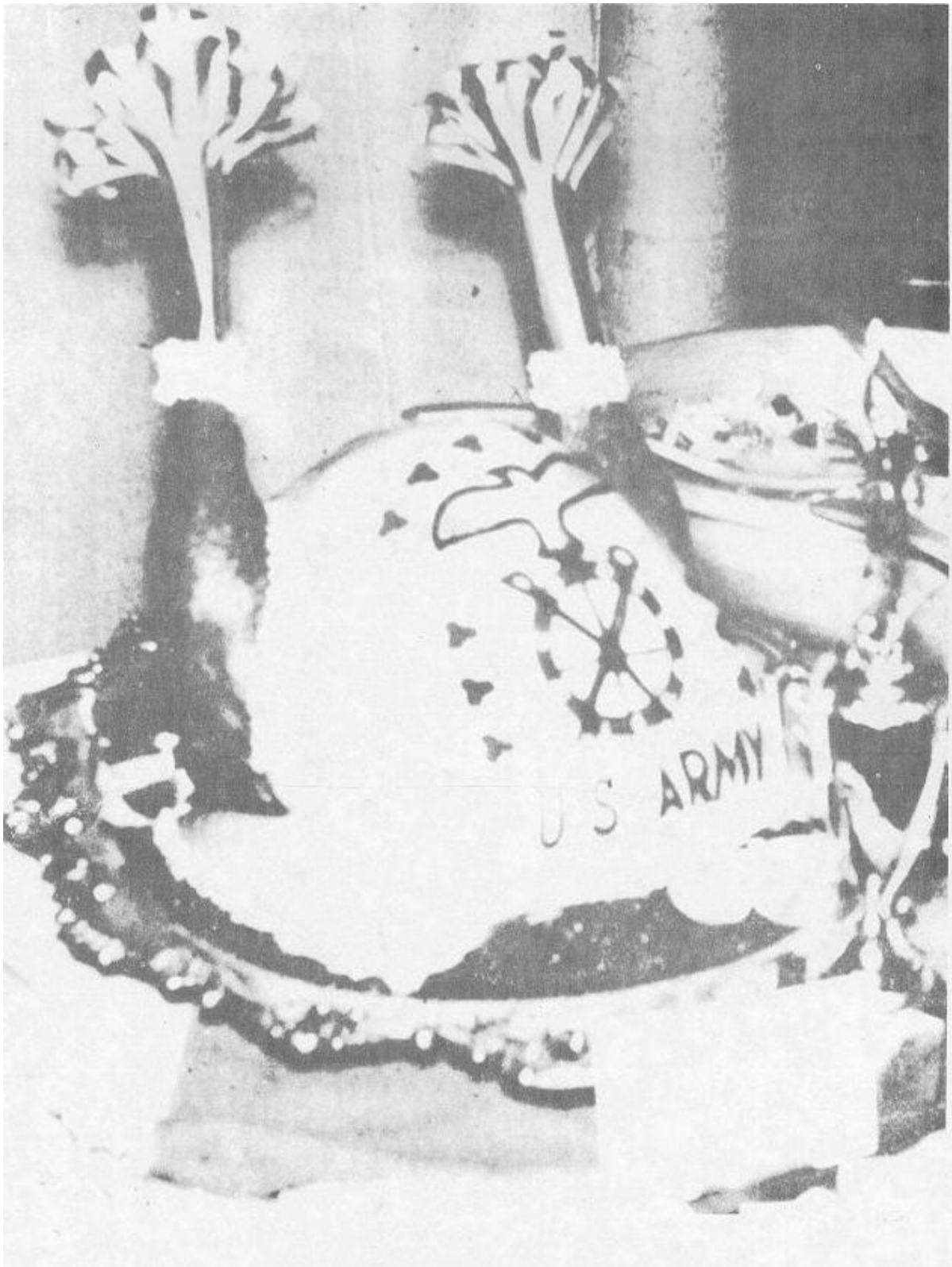


Figure 1. Turkey decorated for use on a buffet table.

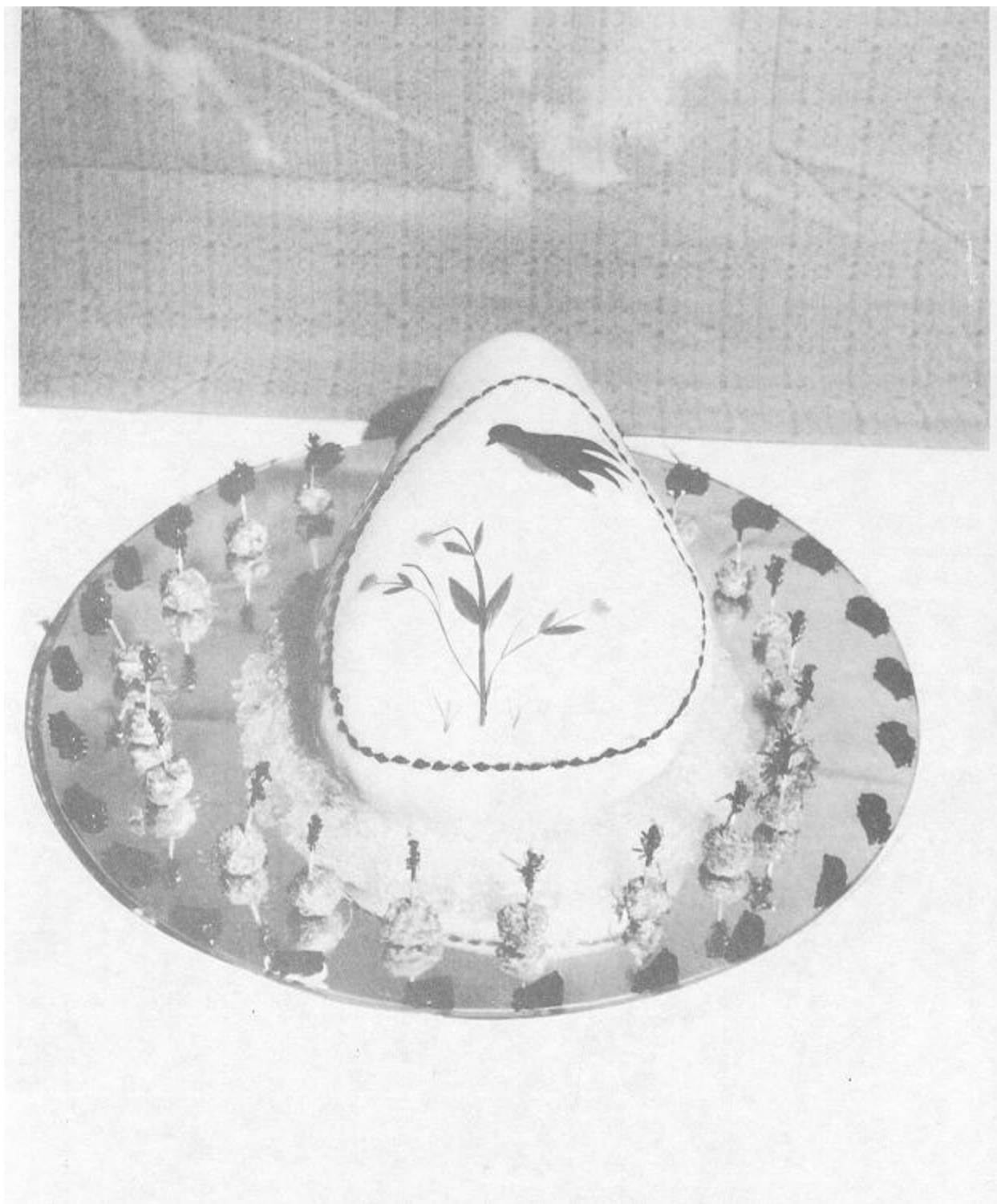


Figure 2. Ham decorated for use on a buffet table.

(f) Desserts need not be elaborate,

Fresh fruit  
Cheese

e. Smorgasbord. The smorgasbord, traditionally Swedish, is an informal meal similar to the buffet; however, a smorgasbord menu usually consists of a greater variety of foods--hors d'oeuvres, open-face sandwiches, hot and cold meats, smoked and pickled fish, sausages, cheeses, salads, relishes, desserts, and other foods. Also, food items are prepared in smaller portions than for a regular buffet.

f. Cheese bar. A cheese bar is sometimes set up when a meal is served buffet style. Many types of cheeses are suitable for use at a cheese bar; some that may be used are gouda, swiss, muenster, edam, gruyere, cheddar, roquefort, and blau. Two or three varieties should be used at the cheese bar. Blocks of cheese, 1 to 3 pounds in size, are displayed on a silver platter on which a doily has been placed. To encourage guests to help themselves, a 1- to 1-1/2-inch wedge should be cut from each type and placed in front of the block from which it was cut; a cheese knife should be available. Platters of various kinds of crackers and bread triangles and a variety of mustards (light, dark, horseradish) with butter spreaders should be placed near the cheeses. Fruits, such as apples, pears, and grapes, should also be available at the cheese bar.

6. USE OF LEFTOVERS. Leftovers can be a problem unless they are considered at the time menus are being planned. Meats and poultry are the most generally accepted leftovers, but seafood, potatoes and other vegetables, and bread and plain rolls can also be used. Leftovers should be placed in airtight containers to prevent absorption of foreign odors and flavors and to prevent dryness; they should be refrigerated immediately. Leftover items used in hot dishes should not be overcooked. Overcooked meats become too dry, or in some cases, become rubberlike; reduce the second-cooking time to the minimum--about 8 to 10 minutes. When leftover vegetables must be reheated, some of their pot liquor or a small amount of milk and butter should be used. Leftover items should not be served in their original form; they should be converted into palatable attractive dishes. Many recipes for dishes prepared with cooked items are available. Below is a list of just a few ways in which some leftovers can be used.

a. Meats and poultry. Some examples of ways in which leftover meats and poultry can be used are as follows:

(1) Beef and veal. Beef and veal can be combined with other ingredients and made into stews, soups, hash, or casseroles.

(2) Chicken and turkey. Sliced chicken and turkey can be covered and heated in the oven and served with a cooked sauce made of cream of mushroom soup, sherry, lemon juice, cooked diced shrimp and ham, and seasoning. Sliced chicken and turkey can also be used for making open

sandwiches. Diced, chopped, or minced poultry can be used in casseroles, mousses, salads, souffles, and sandwich spreads.

(3) Ham. Cold slices of ham can be used on a platter with other cold cuts or made into sandwiches. Ham is also used for making sandwich fillings, eggs Benedictine, salads, casseroles, souffles, and stuffed green peppers.

(4) Lamb. Leftover lamb can be used to make lamb curry, lamb hash, or lamb scallop.

b. Seafood. Many seafood recipes call for cooked shrimp, lobster, or fish, such as Chinese egg rolls, shrimp canapes, lobster canapes, seafood au gratin, and shrimp curry.

c. Vegetables. Leftover vegetables may not be so easy to use as meats because usually only small amounts are left; however, two or even more can sometimes be combined and served as a hot vegetable or used in soup or a cold salad. Mashed potatoes can be made into potato puffs; boiled potatoes can be used to make hashed brown potatoes. Green beans and yellow wax beans can be used with other ingredients to prepare various casseroles or can be used in cold salads.

d. Bread and rolls. Leftover bread and rolls can be dried and crumbled and used in recipes calling for bread crumbs. Bread can also be diced and used as stuffing for meat, fish, and poultry dishes.

7. TABLE ARRANGEMENTS. Table arrangements vary with the number of guests to be served and available space.

a. Buffet tables. A rectangular table, or tables, or round tables may be used. They may be placed against a wall for single line service or in the center of the dining room to accommodate two separate lines. They should be arranged in such a way that the line or lines can move along freely and eliminate congestion. For quicker and more efficient service, the tables should be arranged so that a carver and servers can be stationed behind them to assist guests as they move along the opposite side. This arrangement also permits dishes to be replenished with little or no confusion.

b. Dining tables. Dining tables should be arranged so that guests are not crowded and so that waitresses can work efficiently-serve beverages and desserts and clear tables, if necessary.

8. FOOD PREPARATION. All buffet items must be palatable and prepared according to approved recipes. Preparing items for buffet meals, however, involves more than boiling, roasting, baking, broiling, or other cooking methods; buffet dishes must be attractive and appetizing, so decorations and garnishes are added to many items (a through d below). Also, some foods should be sliced or partially sliced before they are



placed on the serving table (e below); and food items are sometimes prearranged in a definite pattern to carry out the theme of the buffet (e below). Practically all foods are more appetizing when they are skillfully garnished, but it is not desirable to garnish too many dishes at one meal. Color combinations and overall appearance of the display table must be considered. It is sometimes wise to garnish only the featured dishes and leave the other foods plain. Garnishes are usually applied to meats, poultry, and seafood; molded salads; desserts; or fancy breads and sandwiches. Vegetables, soups, beverages, simple salads, and other foods may be garnished, but, again, discretion must be used to avoid an "overdressed" appearance. All garnishes placed on a platter with food must be edible. Food must be easy to identify; garnishes should not be used to the extent that the food items cannot be recognized. Below are just a few examples of how buffet items are prepared for display.

a. Use of chaud froid sauce. Chaud froid is a rich, nontransparent, glossy coating made from meat, poultry, or fish stock; it is used to cover cold meats, poultry, or fish. Chaud froid is used to spark up the appearance of what otherwise would be drab items; poached capons become bright, smooth, and glossy when coated with chaud froid. The sauce also preserves flavors and prevents dryness; turkey slices gain flavor and moisture when coated with it. Meat chaud froid should be used only on meat; and fish chaud froid, only with fish. Coatings should not be too heavy. Whole hams, turkeys, fish, and similar large items coated with chaud froid are usually decorated with edible food items.

b. Use of aspic. Aspic is a clear jellied coating made from rich meat, poultry, or fish stock. It is used to coat salmon and other whole fish, turkeys, capons, pheasants, ducks, quails, lobsters, smoked tongue, and other meat, poultry, and fish. It may also be added to some canapes. Aspic is used to preserve the flavor of cold items, add a glossy sheen, preserve food items while they are being refrigerated, and preserve foods coated with chaud froid. Aspic should be crystal clear, well seasoned, flavorful, and the right color.

c. Use of carved fruit displays. Attractive baskets and other objects can be carved from melons, pineapples (fig. 3), and some citrus fruits. Watermelons are often cut either horizontally or vertically in basket shapes and the fruit scooped out in balls or cubes; the fruit is mixed with other fruits for fillings. Oranges and grapefruits are used for smaller baskets.

d. Use of decorations and garnishes. What to use for decorating and garnishing food items and where to place them differ with each dish.

(1) Decorations for ham, poultry, or fish may be applied to the whole item or slices, and decorations and garnishes may be used on the platter. Decorations are determined to a certain extent by the type of coating used (chaud froid or aspic). Designs may be made on the coating of the whole item and, if desired, on slices positioned around the item;

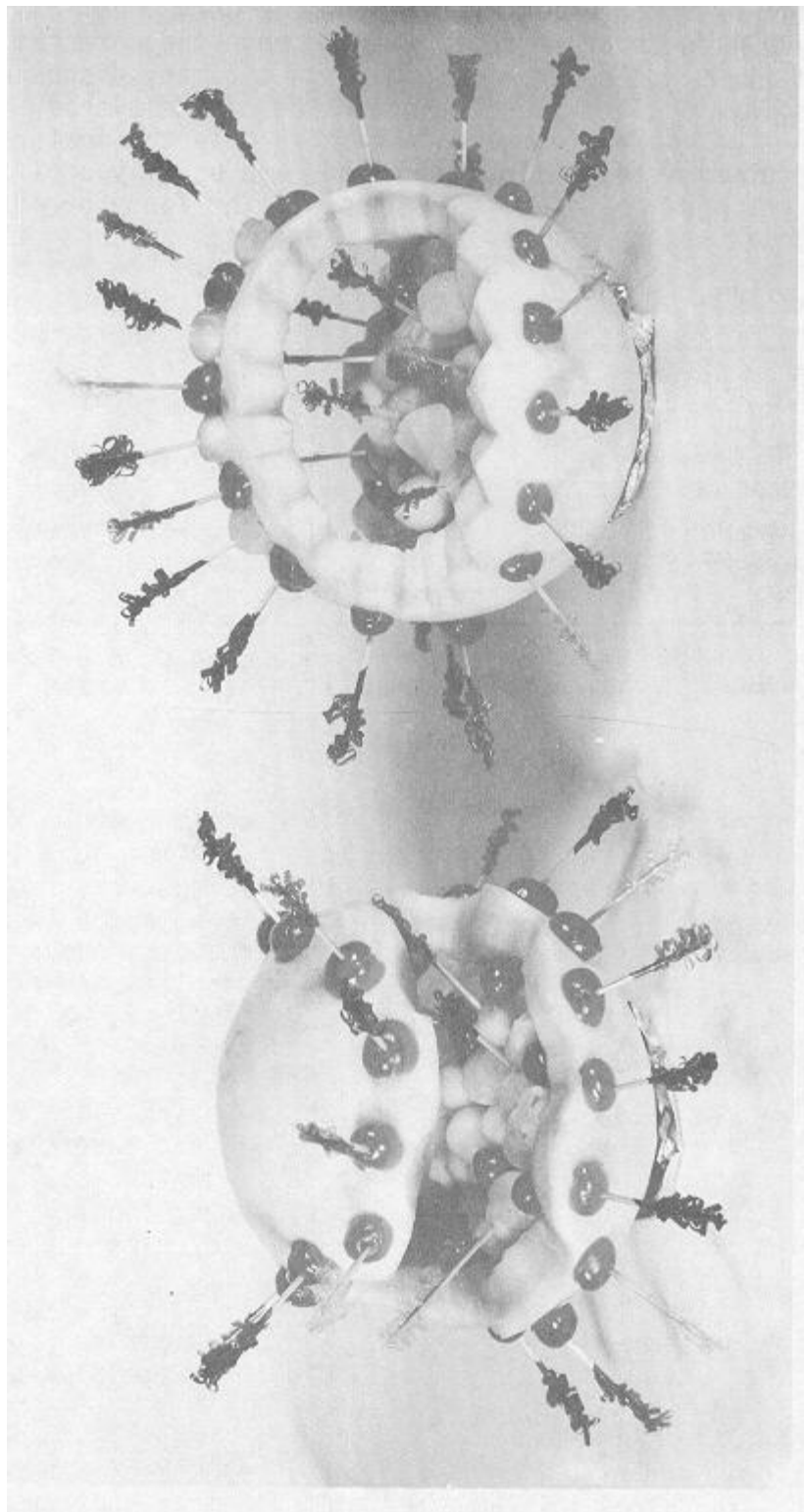


Figure 3. Honeydew melons carved for buffet table.

truffles, ripe olives, hard cooked eggs, lemon slices, pimentos, leek, parsley, or any appropriate food item can be used to make the design. Items that do not properly complement the food should not be used; for example, salami should not be used with salmon.

(2) Fruits, lettuce, and cottage cheese are examples of foods used to garnish molded salads.

(3) Cakes, cookies, and sweet rolls are decorated with various types and colors of frosting.

(4) Below is a list of garnishes with their suitable uses.

Garnish	Suitable use
(a) Lemon wedge	All pan-fried fish, pancakes.
(b) Lemon slice	All pan-fried fish, roast veal.
(c) Parsley sprig	All pan-fried fish.
(d) Chopped parsley	Boiled potatoes, all vegetables.
(e) Watercress sprig	All grills, salads, roasts.
(f) Grilled or sliced tomato	Baked fish, grills, dark entrees.
(g) Mushroom caps	Chicken entree, light meat stews.
(h) Panfried or French fried onions	Sausage and offal dishes.
(i) Macedoine	Medium and light entrees, stews.
(j) Green peas	Blanquettes, fricassees.
(k) Beetroot	Hot-pot, mixture of mutton.
(l) Red cabbage	Hot-pot, sausage, offal dishes.

e. Use of slicing and arranging techniques. Hams, roasts, turkeys, and similar food items can be sliced or partially sliced for easier serving before they are placed on the display table. Sliced items can be made attractive and used as feature items if they are carefully prepared. Figure 4 shows a turkey completely sliced. The meat was removed from the frame, carefully sliced, and put back on the frame and decorated. Some food items can be arranged in certain patterns to complement the buffet theme. Figure 5 shows a fish that was prearranged and decorated before it was placed on the serving table.

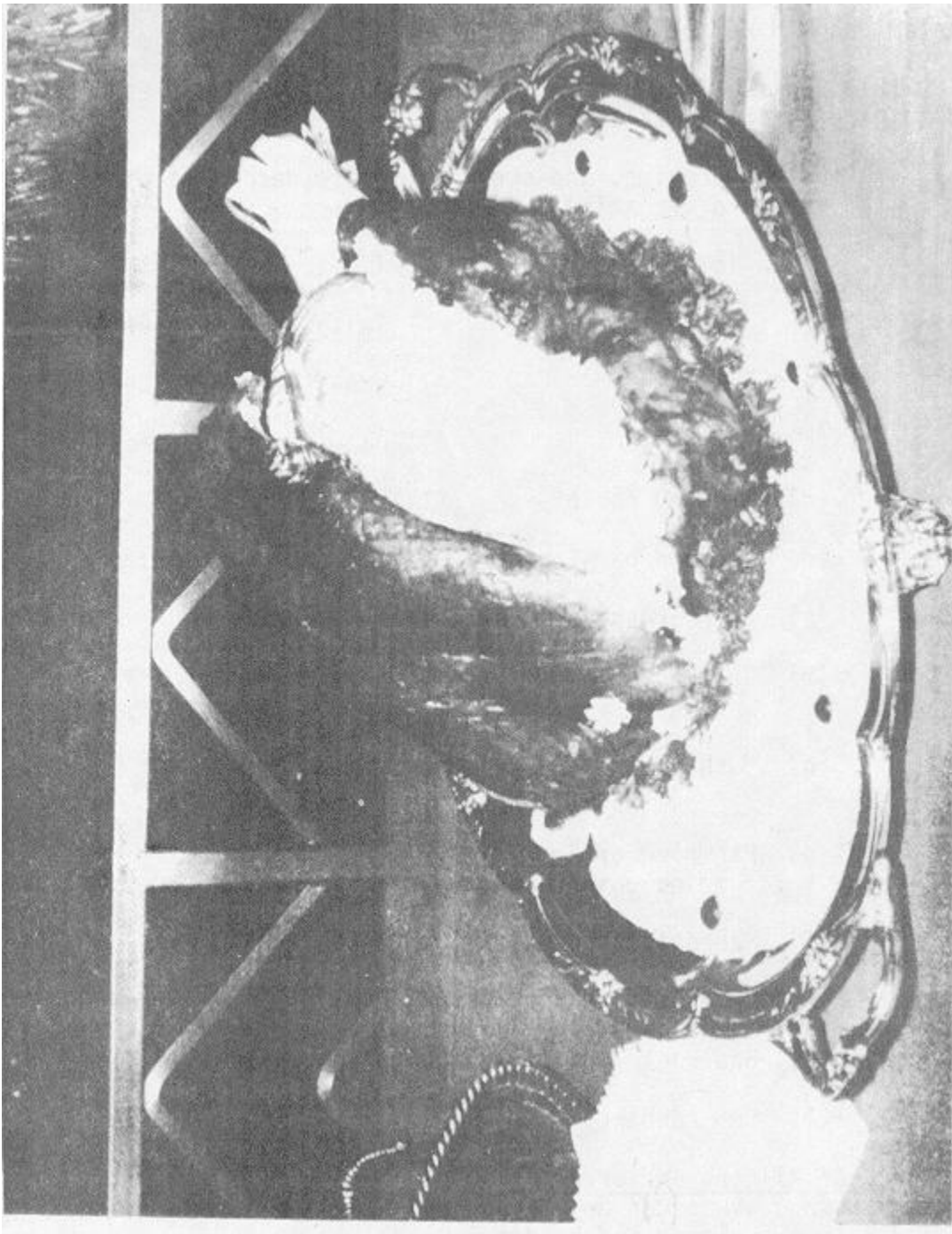


Figure 4. Turkey boned, diced, and decorated for buffet service.



Figure 5. Fish decorated for used on a buffet table.

9. PREPARATION SCHEDULE. Work should be scheduled so that all foods can be produced easily by the time guests arrive. The person in charge should make realistic food production plans, keeping in mind how many people can be assigned and how many can be expected to be present. Below is a suggested sequence that can be adapted to meet varying buffet requirements.

a. Well in advance. Prepare ice carvings and store in freezer.

b. One day in advance. Prepare foods that stand up well in the refrigerator. These include basic aspic and chaud froid for coating; gelatin molds, with or without fruit; boiled lobsters; poached salmon; basic ingredients for hors d'oeuvres. Assemble and decorate all pieces requiring aspic or chaud froid, especially the large pieces. Do all basic work on platters.

c. Day of buffet. Prepare perishable foods, such as green salads, combination salads, fruit carvings. Finish arrangements on large platters. Set up trays of cold hors d'oeuvres. Do final preparation on hard cooked eggs. Finish off hot foods to be served in chafing dishes.

10. PLACEMENT OF FOOD AND OTHER ITEMS ON TABLES. The buffet table and dining tables may be set up as discussed below.

a. Food. The order in which food is placed on the buffet table depends on the type of buffet and the kind of food being served.

(1) For a small buffet, the food is usually placed on the buffet table in the reverse order from the way it appears on a menu with the exception of hot rolls and desserts; they are generally placed at the ends of the line. Desserts are sometimes placed on a separate table near the end of the main buffet table, served to guests after they have finished the main meal, or placed on the dining tables. Buffets may also be set up with the main course items placed in the center of the table with their accompanying dishes placed next to them and the other food items placed from left to right in the order of a regular menu. The more expensive meat or fish items are usually displayed at the end of the other meat and fish displays. For elaborate buffets, slight deviations from established procedures are permitted; food may be arranged in the manner that presents the most attractive display.

(2) Food containers should be placed on the table neatly; they should not be so close together that they appear crowded and should not be placed too near the edge of the table. Platters, bowls, and trays should be of proper size; food should not extend beyond the edge of the container.

(3) Featured items, such as steamship round of beef, a standing rib roast, or a large stuffed fish, should be served at the end of the buffet table or at a separate table.

(4) Provisions must be made to keep hot dishes hot and cold dishes cold.

(5) Salads may be displayed in large bowls or in individual bowls; they are sometimes served from carts and are sometimes made up by the guests from ingredients displayed on the serving cart or a separate serving table.

(6) The person in charge of the buffet should check the buffet table to assure that foods have been arranged according to the prescribed plan and to check on color combinations and overall appearance.

b. Serving utensils. Appropriate serving utensils, such as spoons, forks, and tongs, with underliners, should be placed near the dishes containing the food for which they are intended, or they may be placed in the dishes.

c. China. Main course plates should be placed on the buffet table at the beginning of the line. Plates for hot food should be warm. If desserts are to be displayed on the buffet table, dessert plates should be placed near the desserts at the end of the line, or on the dessert table if a separate table is provided.

d. Silverware, napkins, and other items. Individual place settings of knives, forks, spoons, napkins, glasses, and cups and saucers should be set up on the dining tables. Water, butter, and certain desserts, such as petits fours, may also be placed on the dining tables.

11. SERVING THE GUESTS AND REPLENISHING FOOD CONTAINERS. The person in charge of the buffet should make sure that guests are being served properly and that containers on the buffet table are replenished when necessary.

a. Service varies with the type of buffet planned. Servers may be stationed at the buffet table to aid guests with main entrees; or the meal may be planned so that guests serve themselves to all items displayed on the table. Beverages should be served by waiters or waitresses at the dining tables. Desserts may be picked up from the buffet table or dessert table, or they may be served to the guests at the dining tables.

b. The buffet table should be kept attractive and food containers kept adequately filled throughout the meal. Containers should be small enough that they will have to be replenished; all guests should feel that they are getting the best, not the leftovers. Platters, dishes, and chafing dish inserts should be taken to the kitchen and replenished and garnished when they are two-thirds to three-fourths depleted. They should not be replenished at the buffet table. A filled container should be available to replace the one being removed; a vacant space should not be left on the table.

### **SECTION III**

#### **FINGER-TYPE BUFFETS**

12. ADVANTAGES OF FINGER-TYPE BUFFETS OVER SIT-DOWN BUFFETS. Finger-type buffets are one of the most popular means of entertaining guests. They are used for various occasions and are ideal for patio parties and where space and facilities are limited. Some advantages of finger-type over sit-down buffets are listed below.

a. More guests can be accommodated because space is not needed for dining tables; the type of food served can be eaten with the fingers or a fork as guests stand and chat.

b. A greater variety of foods can be used.

c. Guests are not confined to a specific area. They can move around and visit with more people.

d. More cold foods can be served, which means that many items can be prepared in advance and refrigerated.

13. MENU PLANNING. There is more freedom in planning menus for finger-type buffets than for other meals. Most any foods may be served as long as they are tasty, colorful, properly garnished, can be served in bite-size portions, and can be eaten with the fingers or a fork. More cold foods are usually planned. Some examples of appropriate food items are listed below.

a. Chicken kiev.

b. Miniature egg rolls with mustard.

c. Hot ham biscuits.

d. Swedish meatballs (variation).

e. Sliced cold meats (turkey, corned beef, beef tongue, salami, and roast beef).

f. Assorted cheeses with crackers or bread.

g. Individual shish kebab (on bamboo skewers).

h. Shrimp with cocktail sauce.

i. Chicken burgundy (cubes of chicken in wine sauce).

j. Mixed fruit balls.



k. Relish trays (assorted).

l. Raw clams or oysters with cocktail sauce.

m. Steamed clams or oysters with drawn butter.

n. Steamship round of beef (with attendant).

o. Chateaubriand (with attendant slicing the meat into thin slices and serving it on a hot slice of French bread with maitre d'hotel butter).

14. PLACEMENT OF FOOD AND OTHER ITEMS ON THE TABLE. Finger-type buffets do not demand any specific order for placing food and other items on the table. Suggestions for setting up a finger-type buffet are given below.

a. Food and beverages. Food items should be arranged so that they make the best possible appearance and are within easy reach of the guests.

(1) Color should be considered; foods of the same color should not be grouped together. Containers should not be filled to capacity, and should be replenished in accordance with para 11b. They should be spaced so that they do not appear crowded and should not protrude over the edge of the table. Two or three favorite foods should not be displayed on the same side of the table; they should be spaced to avoid traffic jams and congestion.

(2) Necessary accompaniments should be next to the food items they complement, as follows:

(a) Mustard near beef, tongue, and salami.

(b) Horseradish near corned beef.

(c) Mayonnaise near sliced turkey and chicken.

(d) Small biscuits or rolls in a chafing dish near chicken burgundy.

(e) Maitre d'hotel butter near chateaubriand.

(f) Cocktail picks near shrimp, meat balls, melon balls, and similar items.

(3) Coffee and tea dispensers and cups and saucers should be neatly arranged and away from the flow of guests. Hot coffee and tea may be picked up by the guests or passed among them. Iced beverages, such as tea, coffee, punch, and lemonade, should be poured into goblets or

tumblers, placed on the buffet table or a separate table, and picked up by guests. An excessive number of iced beverages should not be made at one time because they become weak and insipid as the ice melts.

(4) French, Swiss, Danish, and Italian pastries include many tasty creations that are easy to serve for finger-type buffets. These dessert items should be neatly displayed near the beverages. Decorated petits fours, decorated precut cake, assorted cookies, and assorted tortes may be used. A horn of plenty, or cornucopia, filled with colorful choice fruits is often used with dessert displays.

b. Ornaments and equipment. A centerpiece should be used, but should not crowd the food items. Candelabra or single candleholders may be used with the centerpiece. Other than chafing dishes and other food containers, few items of equipment or serving utensils are necessary. Knives and spoons are needed for condiments and sauces; small saucers on which to place the knives should be provided near the condiments and sauces. Forks are needed for cold sliced-meat displays. Small dishes and forks should be provided at two or more places on the table for guests to use if they so desire. An ample supply of cocktail napkins should also be placed on the table.

## SECTION IV

### CENTERPIECES

15. SELECTING APPROPRIATE CENTERPIECES. A centerpiece should not be a mere decoration; it should create a mood of cheerful freshness. Whether the centerpiece is an ice carving, an arrangement of fruits, or a floral arrangement, it must suit the occasion and fit in with the theme being used. It would be in bad taste to have an ice carving of a baseball player late in December when everyone is talking football. The centerpiece should be the main point of interest, so it should be placed wherever it contributes to the charm of the complete setting.

16. FLORAL ARRANGEMENTS. Floral arrangements are always acceptable.

a. The colors in a floral arrangement should harmonize with the color of the table service, tablecloth, and napkins. It should also be in proportion to the size of the table; small arrangements are suitable for small tables, but a large arrangement is needed for a large table. On the buffet table a floral arrangement may be any height within reason if it is in correct proportion with the size of the table. A floral centerpiece for a buffet table should be equally attractive from all sides when the table is placed in the center of the dining area. If the table is placed against the wall, the centerpiece may be a fan shaped arrangement. Candelabra or single candleholders may be used with floral arrangements. Candles of the same height or of different heights may be used, as appropriate.

b. The container should be as much a part of the picture in quality, texture, and color as the chinaware, crystal, and silverware. Different types of containers are needed to make arrangements in various sizes, shapes, materials, and colors.

c. Floral arrangements may be purchased from the florist or prepared from cut flowers purchased from the florist. It is wiser to purchase finished centerpieces unless food service personnel are qualified to prepare them.

17. ICE CARVINGS. The use and method of preparing ice carvings are discussed in QMS 160.451.

a. Use of ice carvings. Ice carvings are the most decorative additions to buffet tables and they add a festive atmosphere. They can be used strictly for decorative purposes, such as a swan, a large candle, or other design; as containers for food that must be kept on ice during the serving period, such as bowls of shrimp, caviar, chicken, or other items; or as flower containers, making a combined floral centerpiece and ice-carving centerpiece.

b. Selecting appropriate designs. As is true of floral center-pieces and other decorations, ice carvings must be appropriate for the occasion and in keeping with the theme. Some suggestions for designs for holidays, special occasions, and particular seasons are given below.

(1) Valentine's Day--Love birds on a heart.

(2) Easter--Rabbit, flower basket.

(3) Fourth of July--Liberty bell, fire crackers.

(4) Thanksgiving Day--Turkey, horn of plenty.

(5) Christmas--Santa Claus, Christmas tree, angels, toys.

(6) Wedding--Bells, love birds.

(7) Anniversary--Letters, numbers.

(8) Sporting events--Sail boat, automobile, baseball player, golfer, or any design appropriate for the particular event.

(9) Autumn theme--Horn of plenty with display of fresh fruit.

(10) Spring theme--Flower basket.

(11) All-purpose affair--Flower basket, swan, punch bowl.

18. MISCELLANEOUS CENTERPIECES. Other items that can be used to create centerpieces are as follows:

a. Fresh pineapples topped, cored, and decorated in various ways.

b. An unsliced loaf of white bread can be cut into a suitable design and browned off in deep fat or in an oven.

c. Red cabbage is sometimes used as a base to hold appetizers stuck on cocktail picks. It can also be partially hollowed and filled with an appropriate cocktail sauce.

## PROGRAMMED REVIEW

The questions in this programmed review give you a chance to see how well you have learned the material in lesson 1. The questions are based on the key points covered in this lesson.

Read each item and indicate your choice by either circling or writing the correct answer. Please use a pencil to write your answers. If you do not know, or are not sure, what the answer is, check the paragraph reference that is shown in parentheses right after the item; then go back and study or read once again all of the referenced material and either circle or write your answer.

After you have answered all of the items, check your answers with the Solution Sheet at the end of this lesson. If you did not give the right answer to an item, erase it and either circle or write the correct solution. Then, as a final check, go back and restudy the lesson reference once more to make sure that your answer is the right one.

REQUIREMENT. Exercises A1 through A16 are multiple choice. Each exercise has only one single-best answer. Indicate your choice by circling the appropriate letter.

A1. What factor should be considered to help the planner stay within the budget when planning a buffet? (para 3b)

- a. Type of meal, whether simple or elaborate.
- b. How to use leftovers.
- c. Number of meals to be served.
- d. Price of the meal.

A2. What planning factor should be considered to assure that all food items will be well prepared? (para 3g)

- a. Quality of available food items.
- b. Delegation of authority for preparation to the chef.
- c. Capabilities of food service personnel.
- d. Availability of established recipes.

- A3. After a buffet has been planned in detail, the master plan should be reviewed with (para 4a)
- a. all personnel involved.
  - b. the club hostess.
  - c. the accounting department.
  - d. the advisory committee.
- A4. The type and number of items to include on a buffet luncheon menu is determined by what? (para 5c)
- a. The number of guests expected.
  - b. The occasion for which the buffet is planned.
  - c. Open dining facility regulations.
  - d. The day of the week.
- A5. How is chaud froid used? (para 8a)
- a. It is served with hot vegetables.
  - b. It is used with cold molded salads.
  - c. It is used to cover cold meats, poultry, or fish.
  - d. It is served with hot poultry.
- A6. A clear jellied coating used to add a glossy sheen and preserve the flavor of cold items is called (para 8b)
- a. blanquette.
  - b. aspic.
  - c. mousse.
  - d. chaud froid.

- A7. Decorations for hams are determined to some extent by (para 8d(1))
- a. the type of ham.
  - b. the cooking method.
  - c. its position on the buffet table.
  - d. the type of coating used.
- A8. A suitable garnish for pan-fried fish is-- (para 8d(4))
- a. mushroom caps.
  - b. green peas.
  - c. lemon wedges.
  - d. watercress.
- A9. Desserts, if placed on the buffet table, are generally located where? (para 10a(1))
- a. At the beginning of the line.
  - b. Before the main entree display.
  - c. At the end of the line.
  - d. After the salad display.
- A10. For a sit-down buffet, individual place setting items should be placed-- (para 10d)
- a. on trays at the beginning of the buffet table.
  - b. on trays at the end of the buffet table.
  - c. on a separate table at the end of the buffet table.
  - d. on the dining tables.

- A11. At a sit-down buffet, where should beverages be placed? (para 11a)
- a. At the beginning of the line, for guests to serve themselves.
  - b. At the end of the buffet table, for guests to serve themselves.
  - c. On a separate table near the end of the buffet table, where guests can serve themselves whenever they are ready for beverages.
  - d. On the dining tables, served to the guests after they are seated.
- A12. How should food containers be replenished? (para 11b)
- a. They should be replenished at the table when they are one-fourth to one-half depleted.
  - b. They should be taken to the kitchen and replenished when they are empty.
  - c. They should be replenished at the table when they are two-thirds to three-fourths depleted.
  - d. They should be taken to the kitchen and replenished when they are two-thirds to three-fourths depleted.
- A13. You plan to include shrimp on a finger-type buffet menu. Which of the shrimp dishes would be most appropriate? (para 13h)
- a. Shrimp chow mein.
  - b. Shrimp with cocktail sauce.
  - c. Shrimp creole.
  - d. Shrimp and rice casserole.
- A14. For a finger-type buffet, how should food items be arranged on the table? (para 14a)
- a. In the order in which they appear on a regular menu.
  - b. Desserts at the end of the line with other items in the order in which they appear on a regular menu.
  - c. In any order that makes the table most attractive.
  - d. In the reverse order in which they appear on a regular menu.



A15. The most important requisite for a centerpiece is that it (para 15)

- a. suit the occasion for which it is being used.
- b. be decorative and colorful.
- c. be larger than the largest food item displayed.
- d. be equally attractive from all sides.

A16. Which of the following designs would be most appropriate for an ice carving for an anniversary theme? (para 17b(7))

- a. Horn of plenty.
- b. Letter and numbers.
- c. American eagle.
- d. Flower basket.

REQUIREMENT. Exercises 17 through 19 are matching exercises. You are planning a buffet menu and know that you must also plan for the use of leftovers. Column I lists some items that you may have on your menu. Column II lists some dishes that can be prepared using leftovers. Match the dish in column II that can be prepared using the leftover portion of the food item listed in column I, and mark your answer by writing the column II letter below the column I number. Items in column II may be used once, more than once, or not at all.

Column I

Column II

A17. Ham. (para 6a(3))

a. Stew.

A18. Shrimp. (para 6b)

b. Mousse.

c. Aspic.

A19. Beef. (para 6a(1))

d. Eggs Benedictine.

e. Canapes.

REQUIREMENT. Exercises 20 through 23 are matching exercises. For a finger-type buffet, accompaniments should be placed next to the items with which they are used. Column I lists food items. Column II lists some appropriate accompaniments for the food items. Match the accompaniment in column II with the food item in column I and mark your answer by writing the column II letter below the column I number. Items in column II may be used once, more than once, or not at all.

Column I

Column II

A20. Salami. (para 14a(2)(a))

a. Mayonnaise.

A21. Sliced chicken. (para 14a(2)(c))

b. Small biscuits.

c. Drawn butter.

A22. Chicken burgundy. (para 14a(2)(d))

d. Horseradish.

e. Mustard.

A23. Corned beef. (para 14a(2)(b))

REQUIREMENT. Exercises 24 through 29 are true-false. Record each answer by writing a T or an F next to the exercise number.

A24. Food items for a smorgasbord are prepared to be served in smaller portions than for a regular sit-down buffet. (para 5e)

A25. The buffet table should never be placed in the center of the dining room. (para 7a)

A26. All food items for a buffet should be prepared one day in advance to avoid a last minute rush. (para 9b)

A27. Food items for a sit-down buffet should be placed on the table in the order in which they appear on a menu. (para 10a)

A28. Serving utensils should be placed in or near the dishes for which they are intended. (para 10b)

A29. Individual place items for a sit-down buffet include knives, forks, spoons, napkins, glasses, and cups and saucers. (para 10d)

DO YOU UNDERSTAND EVERYTHING IN THIS PROGRAMMED REVIEW?  
HAVE YOU CHECKED YOUR RESPONSES, MADE CORRECTIONS, AND  
RE STUDIED THE TEXT, IF NECESSARY? IF YOU HAVE, GO ON  
TO THE NEXT STUDY UNIT OF THIS SUBCOURSE.

## **APPENDIX**

### **REFERENCES**

The Professional Chefs' Book of Buffets, George K. Waldner and Klaus Mitterhauser

Thoughts for Buffets--Institute Publishing Co., Houghtons Mifflin Co., Boston, Mass.

Encyclopedia of Cookery, William H. Wise and Co.

Ice Carving Made Easy, Joseph Amendola

## SOLUTIONS

### PROGRAMMED REVIEW

<u>EXERCISE</u>	<u>SOLUTION</u>	<u>EXERCISE</u>	<u>SOLUTION</u>
A1.	d	A16.	b
A2.	c	A17.	d
A3.	a	A18.	e
A4.	b	A19.	a
A5.	c	A20.	e
A6.	b	A21.	a
A7.	d	A22.	b
A8.	c	A23.	d
A9.	c	A24.	T
A10.	d	A25.	F
A11.	d	A26.	F
A12.	d	A27.	F
A13.	b	A28.	T
A14.	c	A29.	T
A15.	a		

**LESSON ASSIGNMENT**

SUBJECT	Preparation and Serving of Appetizers and Pastry.
STUDY ASSIGNMENT	Lesson Text.
SCOPE	Purpose of appetizers; selecting, preparing, and serving hot and cold canapes and hors d'oeuvres; selecting and preparing appropriate pastry items for buffets.
OBJECTIVES	As a result of successful completion of this assignment, you will be able to--

Given the task to plan and prepare appetizers to be served at a buffet,

1. State the purpose of appetizers,
2. Identify factors to be considered in planning appetizers,
3. Differentiate between canapes and hors d'oeuvres,
4. Describe procedures for preparing and serving canapes,
5. Describe procedures for preparing and serving hors d'oeuvres,

Given the task of planning and preparing pastries to be served at a buffet,

6. Identify, describe, and give procedures for preparing pastries suitable for buffet-type service,
7. State principles of cake decorating.

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## LESSON TEXT

### SECTION I

#### APPETIZERS

1. PURPOSE OF APPETIZERS. Appetizers are foods served before the main course of the meal, and, as the term "appetizers" suggests, are intended to stimulate the appetite. They should, therefore, be made attractive in appearance and tempting in flavor. Appetizers may be served before formal or informal meals and may be made from a variety of food combinations; it is not in good taste, however, to use food items that are to be served with the main meal nor to combine too many foods in one appetizer.

2. TYPES OF APPETIZERS. Appetizers can be classified into three groups--cocktails, canapes, and hors d'oeuvres.

a. Cocktails. Cocktails usually consist of vegetable, fruit, or seafood mixtures or fruit or vegetable juices.

b. Canapes. Canapes are bite-size bits of savory food spread on an edible base and attractively garnished or decorated. A variety of bread cutouts, crackers, or biscuits may be used as a base.

c. Hors d'oeuvres. Hors d'oeuvres are nippy, high-flavored mixtures of various foods designed to eat from the fingers or from cocktail picks (or toothpicks).

3. FACTORS TO BE CONSIDERED IN PLANNING APPETIZERS. The types of appetizers to be prepared should be governed by the occasion, time and place, and decorations or theme.

a. Occasion. It should be known whether the party is a stag affair, a party for both men and women, a cocktail party, or a dinner party. For a 1-hour cocktail party about five different canapes or hors d'oeuvres should be planned; for a 2-hour cocktail party, about eight different kinds. For a dinner party, where a full meal is to be served, three different canapes or hors d'oeuvres should be sufficient.

b. Time and place. The time of day, the season of the year, and the place--whether indoors or outdoors--should also be considered, and the appetizers should be planned accordingly.

c. Decorations or theme. The theme or decorations should be carried out, where possible, in the appetizers or in the garnishes used for the appetizers.



4. PREPARING AND SERVING COCKTAILS. The most commonly served cocktails are made of fruits, vegetables, or seafood. Any combination of fruits or vegetables that provides contrast in color, flavor, and texture may be used. It is desirable to have the flavor more tart than sweet. If sweet juices are used, lemon juice or some other appropriate pungent ingredient should be added. Bland vegetables should be marinated in a tart dressing. Seafood is usually served with a sauce made of some type of salad dressing or chili sauce base seasoned with horseradish, chili powder, or other seasoning. Cocktails, when used as appetizers, should be thoroughly chilled and served at the table before the main meal.

5. PREPARING CANAPES. It is impossible to list all of the foods and food combinations that may be used in making attractive and tasty canapes. A few of the foods and methods of preparing both hot and cold canapes are given below. For good appearance, canapes must be handled carefully during preparation.

a. Cold canapes. Some suggestions for preparing cold canapes are as follows:

(1) Canapes should be prepared as near serving time as possible. Sharp cutting utensils must be used to assure even shapes. If ingredients are prepared ahead of time, they should be placed in the refrigerator until it is time to assemble them.

(2) The base (bread cutouts, crackers, or biscuits) should be as near bite-size as possible. Most kinds of bread can be used, but the slices should be one-fourth inch thick and the crusts should be removed. Bread cutouts can be made into various shapes, such as squares, rounds, stars, hearts, oblongs, crescents, or triangles. The base should be spread with a thin film of flavored butter ((3) below) to prevent the canape from becoming soggy.

(3) Various flavored canape butters can be prepared by beating different ingredients into creamed butter. An example of ingredients that are used include grated cheese, chili sauce, finely minced chives and lemon juice, horseradish, mustard, lime or orange gratings with lime or orange juice, sardine paste, or other items that would be appropriate for the kind of canape to be made.

(4) Some of the more common canape spreads are made of meat, fish, cheese, or fruit. Examples of meat spreads are chicken liver, chicken salad, deviled ham, liverwurst, and pate de fois gras. Fish spreads that may be used include anchovy, caviar, tuna, lobster, shrimp, and smoked fish. Cheese spreads can be made by mixing creamed or Roquefort cheese with minced onions, chili sauce, chives, caviar, or other appropriate items. Avocados, oranges, and other fruits are used in making fruit spreads. Caviar and pate de fois gras are considered luxury spreads, and cheese and inexpensive seafoods are considered the simpler ones. To make caviar spread, blend 3 ounces of black caviar with 1 teaspoon each of lime juice and onion juice.

(5) "Fillings" for canapes need not be made into spreads ((4) above); for example anchovy canapes can be made by simply arranging layers of drained anchovy fillets on lightly buttered bases ((2) above), placing thin strips of pimento on the anchovy fillets, and garnishing with a slice of cocktail onion. Other popular cold canapes can be made in a similar way by combining appropriate food items with smoked salmon, caviar bits, chicken liver, sardines and olives, or lobster meat.

(6) Assembling the canapes should be done on the principle of assembly line operation, but it is best to work on only one kind of canape at a time. After finishing one kind, remove leftovers and clean the table and utensils before starting on the next. The crackers or bread cutouts should be placed on a flat tray, all spread with butter, and then all covered with the spread or "filling." The work should be done quickly and neatly to avoid an overhandled or overworked look.

(7) Garnishing is the final step in making the canapes. Garnishes should be dainty, colorful, and in harmony with the spread or "filling." There should be a variety of garnishes and some of them should be in their natural form; tiny leaflets of parsley or watercress should not be cut. Some other items that are used for canape garnishes are pimento, red or green sweet peppers, paper-thin slices of carrots, hard-cooked egg whites, and egg yolks. Garnishes on any one kind of canapes should not be varied. The garnishes should be carefully placed and allowed to remain; moving them about spoils the neat, fresh appearance. The canapes should be placed in the refrigerator after they are garnished.

b. Hot canapes. Some suggestions for preparing hot canapes are given below.

(1) Hot canapes are prepared from the same basic ingredients as cold canapes, but they are more expensive and require more time to prepare. Perfect timing is essential.

(2) Some examples of hot canapes are angels on horseback ((a) below); broiled stuffed mushrooms; creamed oyster; and broiled lobster, crab, or tuna canapes ((b) below). Many of these hot canapes are prepared from cooked items placed on rounds of buttered toast and heated under a broiler or baked in an oven.

(a) Angels on horseback are made by wrapping drained, raw oysters or cooked chicken livers with precooked thin strips of bacon, placing them on small rounds of buttered toast, and baking at about 400° F. for 3 minutes or long enough for the bacon to crisp. The bacon is secured with toothpicks while in the oven.

(b) The rounds of buttered toast used for lobster, crab, or tuna canapes may be spread with anchovy paste before the broiled seafood is added; the seafood may then be sprinkled with dry bread crumbs and dots of butter before the canapes are placed under a broiler.

6. PREPARING HORS D'OEUVRES. Hors d'oeuvres may be served hot or cold, but they should always be fresh, small, and dainty. Basically they are made from the same food items that are used for canapes, but they are not served on a base; they can be eaten with whatever breads or crackers that are offered. Hors d'oeuvres provide an excellent means of using leftovers, but their strong flavors and delicate appearance connote luxury. As in preparing canapes, as much of the work as possible should be done in advance and the prepared ingredients stored in the refrigerator in covered containers. Some suggestions for preparing both cold and hot hors d'oeuvres are given below.

a. Cold hors d'oeuvres. Some examples of cold hors d'oeuvres are ham rolls ((1) below), fish balls, deviled shrimp, cheese carrots, skewered tidbits ((2) below), deviled eggs, and stuffed celery sticks.

(1) Ham rolls are made by spreading thin slices of boiled ham with a mixture of cream cheese, salt, and pepper; placing stuffed olives or a strip of dill pickle on each slice; rolling the slices and chilling them for 1 or 2 hours; and then cutting the rolls into 1/2-inch pieces and securing each piece with a toothpick.

(2) Some ideas for skewered tidbits are small cocktail onions with pieces of cocktail sausages and gherkins; squares of cheese with pickle slices and stuffed olives or small cocktail onions; lightly flavored shrimp and pieces of celery; cream cheese balls sprinkled with paprika or mixed with chopped olives and pieces of anchovy; pieces of ham and water-melon pickle. These foods should be placed on toothpicks or cocktail picks and served as indicated in paragraph 7.

b. Hot hors d'oeuvres. Hot hors d'oeuvres are usually broiled, baked, or fried in deep fat and served fresh from the broiler, oven, frier, or a chafing dish. Some examples of hot hors d'oeuvres are tiny meat balls, tiny broiled sausages, marinated broiled shrimp, fried shrimp balls, broiled stuffed mushrooms, fish balls ((1) below), baked franks and bacon ((2) below), and tidbits broiled in bacon or ham ((3) below).

(1) Fish balls can be made by mixing cooked flaked fish, boiled mashed potatoes, egg, cream, and grated onion together and rolling into small balls. The balls can either be dipped into flour and sautéed in butter until brown, or they can be dipped in milk, rolled in flour, and fried in deep fat.

(2) Baked franks and bacon hors d'oeuvres are made by cutting frankfurters into 1-inch sections, rolling the sections in mustard, wrapping each section in a thin strip of bacon and securing the bacon with a toothpick, and baking in a shallow pan in a 425° oven for 8 to 10 minutes.

(3) Examples of other food items that may be wrapped in thin strips of bacon or ham, secured with toothpicks, and broiled until the meat is crisp are pineapple chunks, cooked prunes stuffed with olives,

watermelon pickles, dates stuffed with pineapple, grapefruit sections, large stuffed olives, smoked oysters, raw scallops or oysters, cooked shrimp, and sauteed chicken livers.

7. SERVING CANAPES AND HORS D'OEUVRES. Cold canapes or hors d'oeuvres, or both, are usually served as appetizers at cocktail parties and at buffet parties. At cocktail parties cold canapes are usually passed, but at buffets they may be placed on the buffet table with hors d'oeuvres. Hot canapes or hors d'oeuvres are usually served at elaborate functions where, as a rule, a meal is not served. Some suggestions for serving canapes and hors d'oeuvres are given below.

a. Hors d'oeuvres and canapes may be served together in a special dish divided into compartments or on a large platter or tray. Those of the same type should be placed together to avoid a spotty appearance. The items should not be heaped or crowded on the serving trays.

b. Trays should be arranged so that the darker colored items are on the outside. Also, colors should harmonize and shapes should be balanced to give a pleasing effect.

c. Cold items should be served right out of the refrigerator or on platters set on cracked ice.

d. Cheeses should be served at a temperature around 70°.

e. If hors d'oeuvres or canapes are meant to be hot, they should be served fresh from the oven, broiler, or fryer; or if they are the type that will hold, they may be served from a chafing dish.

f. Trays should be taken to the kitchen and replenished when they are about two-thirds depleted.

8. CENTERPIECES TO BE USED WITH CANAPES AND HORS D'OEUVRES. A centerpiece, whether it is an elaborate ice carving or a head of cabbage, always adds a festive appearance. As is true with foods used in preparing canapes and hors d'oeuvres, there are so many items for use as centerpieces that it is impossible to discuss them all. A few items frequently used are given below.

a. A grapefruit can be cut in half, placed on a platter or tray (cut side down), studded with hors d'oeuvres on toothpicks, and surrounded with garnishes or canapes.

b. Apples, oranges, or other similar fruits can be used as in a above by cutting a slice off the top or bottom to form a base.

c. A pineapple can also be used as a centerpiece by leaving the top on and cutting the pineapple vertically down the center. The halves can be placed on a platter, cut sides down, and studded with hors d'oeuvres,

and surrounded with garnishes or canapes. The green tops can be decorated with cherries, cubes of cheese, ham, pickles, olives, or other food items.

d. The half of a melon, with a slice cut from the bottom to form a base, can be used as a container for certain hors d'oeuvres. The filled melon can be surrounded with garnishes or canapes.

e. Regular cabbage or red cabbage can be used as a centerpiece for hors d'oeuvres such as stuffed beets, shrimp, or artichokes. The outer leaves should be curled back carefully and the center hollowed out to hold a container for dip.

f. An unsliced loaf of bread can be shaped into an attractive centerpiece, browned in the oven or in deep fat, and studded with hors d'oeuvres on toothpicks.

g. Some examples of garnishes that can be used around center-pieces are radish roses; celery or carrot curls; fresh apples cut into cubes, balls, or rings and rolled in paprika or finely chopped parsley; pickles slivered or cut into "fans"; strips or rings of green peppers; orange or lemon rings or wedges; flavored gelatins, either cubed or riced and placed in orange or lemon shells; and glazed or broiled bananas.

## SECTION II

### BUFFET PASTRIES AND ROLLS

9. GENERAL. Some examples of pastries and rolls suitable for buffet service are discussed in the following paragraphs. Pastries include danish pastry, puff pastry, cream puffs, petits fours, and certain kinds of cookies. Some rolls served at buffets are tiny cloverleaf rolls and fancy rolls, such as twists, braids, and butterfly rolls.

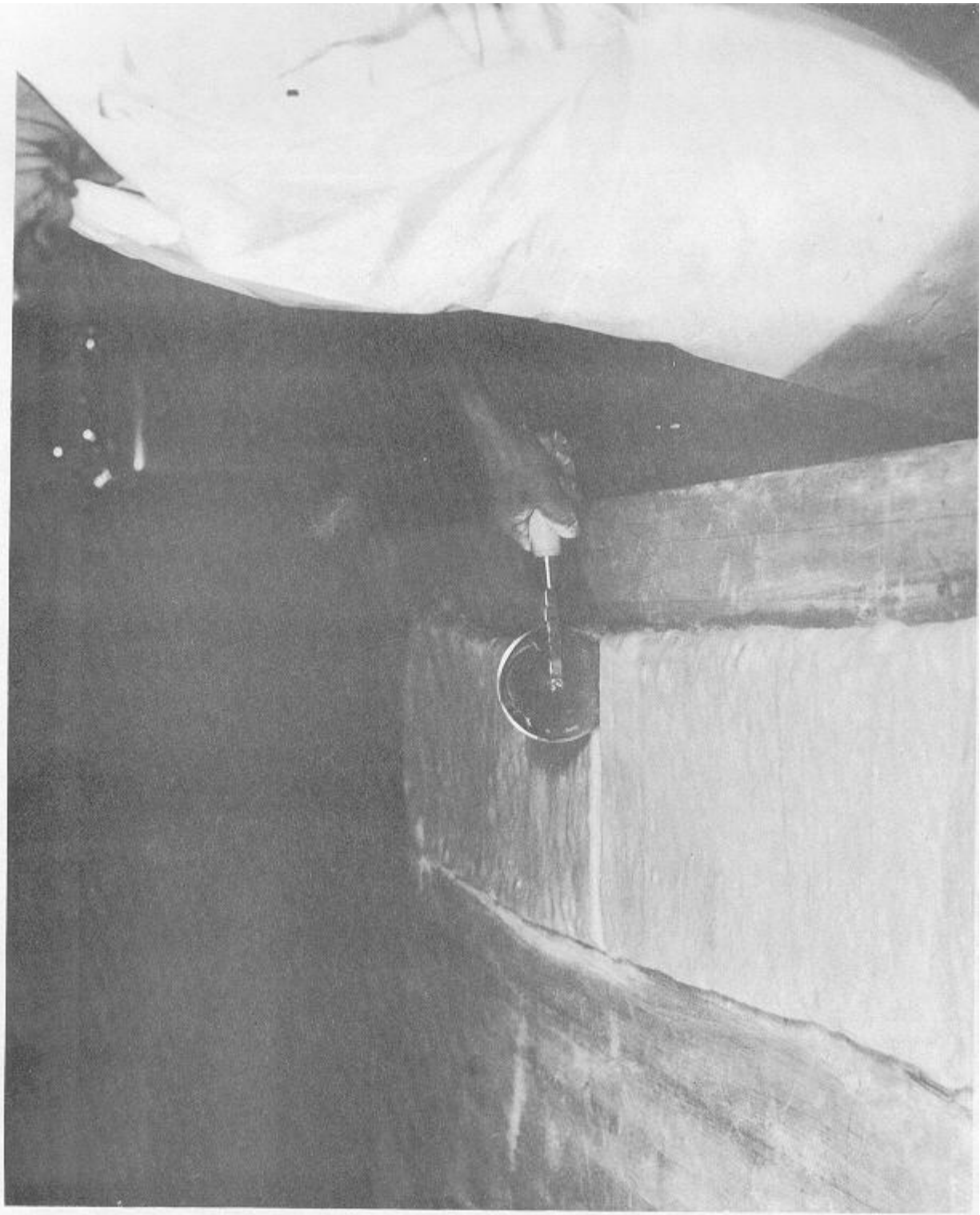
10. DANISH PASTRY. Various types of danish pastry, such as snails, butterhorns, coffee cake, and coffee rings, are made from a yeast-raised sweet dough.

a. Butter, margarine, or shortening is rolled into layers of the dough (fig. 1) to produce flakiness in the baked item. The amount of fat used is equal to about one-fourth the weight of the dough. The dough and roll-in material should be of the same consistency so that the roll-in material will not be forced through the dough during the rolling or folding process. When short flat pieces of baked goods are desired, the dough should be mixed as little as possible. The dough is rolled and folded three more times after the first rolling and folding and is refrigerated between rolls. The time intervals between rolls is determined by the ability of the dough to loosen enough to be pliable when rolled. Figure 2 illustrates the preliminary steps in danish pastry makeup. Figure 3 shows methods of making up snails after steps shown in figure 2 have been completed. Figure 4 shows the makeup of coffee cake and figure 5 shows the makeup of alligators.

b. Fillings, glazes, or icings are used with danish pastries. Some fillings are added to the dough during makeup; some are added after the dough has been proofed. Glazes and icings are spread over the pastry immediately after it is baked. The proofing box temperature should be kept lower than the melting point of the roll-in material; if the temperature is too high, it will melt and leak out of the layers.

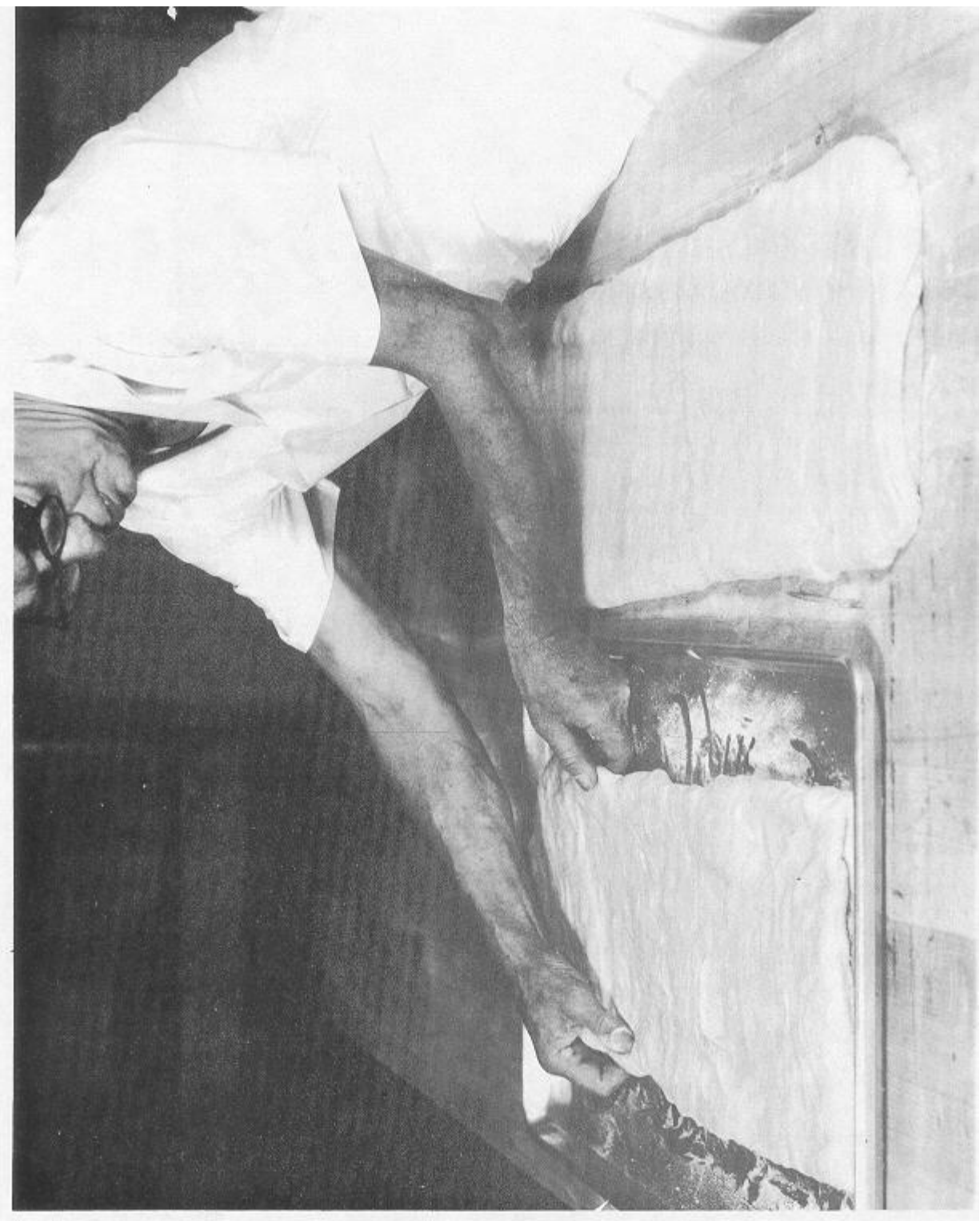
c. Because proper baking time and temperature are important in preparing danish pastry, the time and temperature specified in the recipe should be followed exactly. If the oven temperature is hot enough to melt the fat, but not hot enough to bake it, the roll-in material will melt and leak out of the pastry.

11. PUFF PASTRIES. Puff pastry is considered a specialty item. Puff paste dough is used whenever rich, light pastries, such as cream horns, patty shells, turnovers, or similar items, are desired. Cream horns are filled with a cream filling after they are baked and cooled and then are dusted with powdered sugar. Patty shells may be filled with meat, fruit, or a cream filling after they have been baked and have cooled. Turnovers are filled with fruit filling or jam before they are baked.



1. After dough has been rolled out, cut dough down to manageable size.

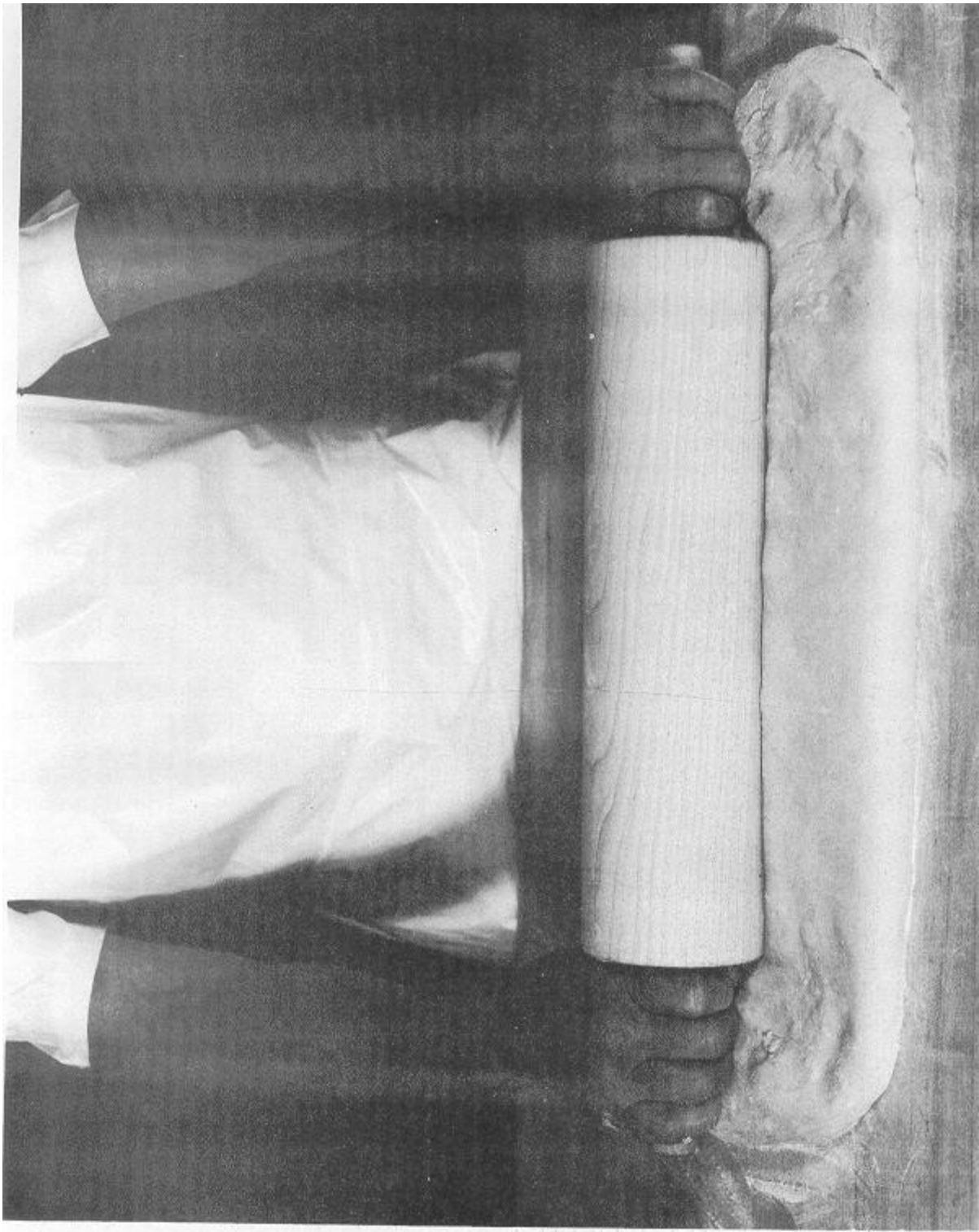
Figure 1. Rolling fat into danish pastry dough.



2. Place rest of dough on pan and refrigerate.

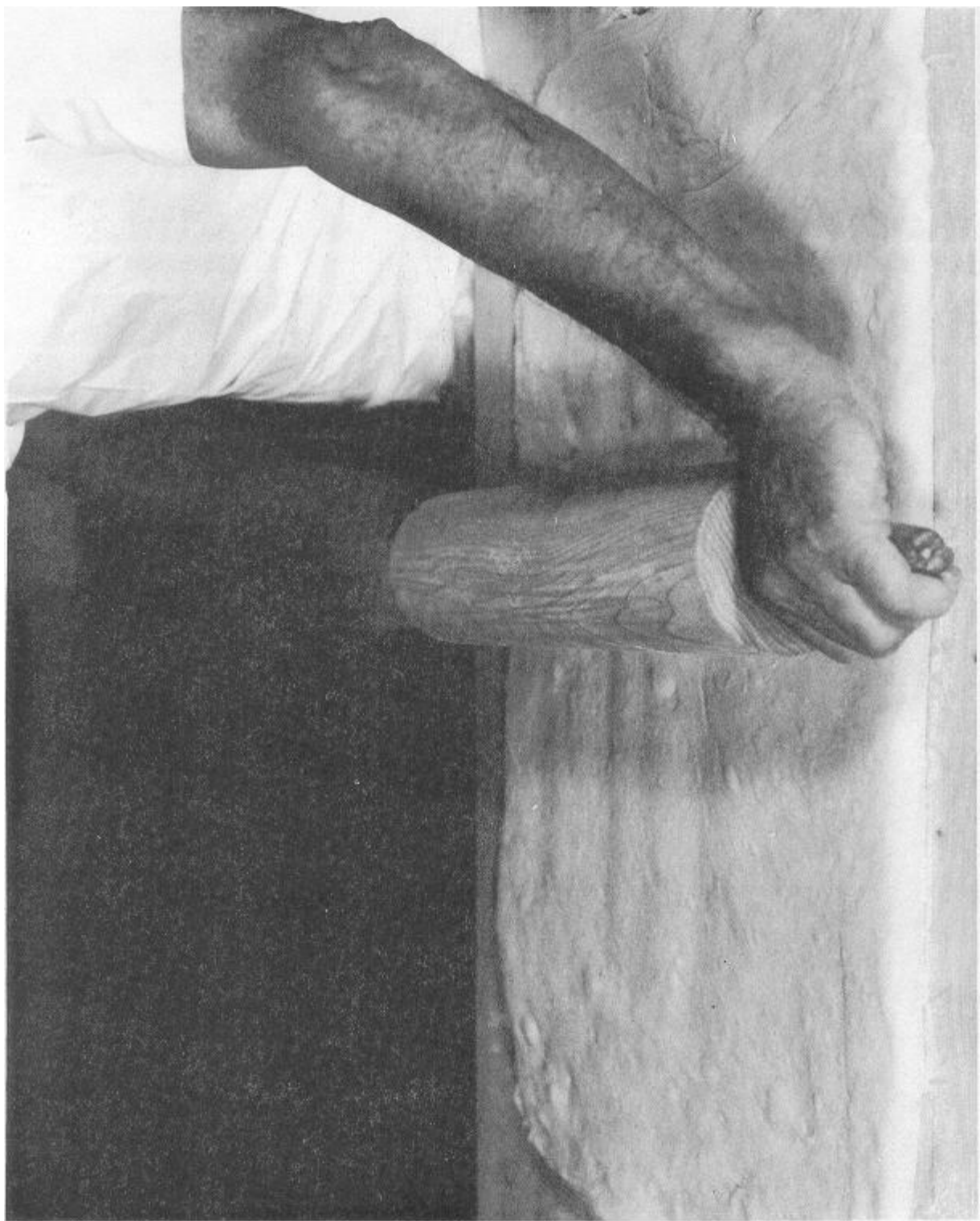
Figure 1. Rolling fat into danish pastry dough (Continued).





3. Roll dough into a rectangular sheet  $\frac{1}{2}$  inch thick, rolling from the center toward the edges.

Figure 1. Rolling fat into danish pastry dough (Continued).



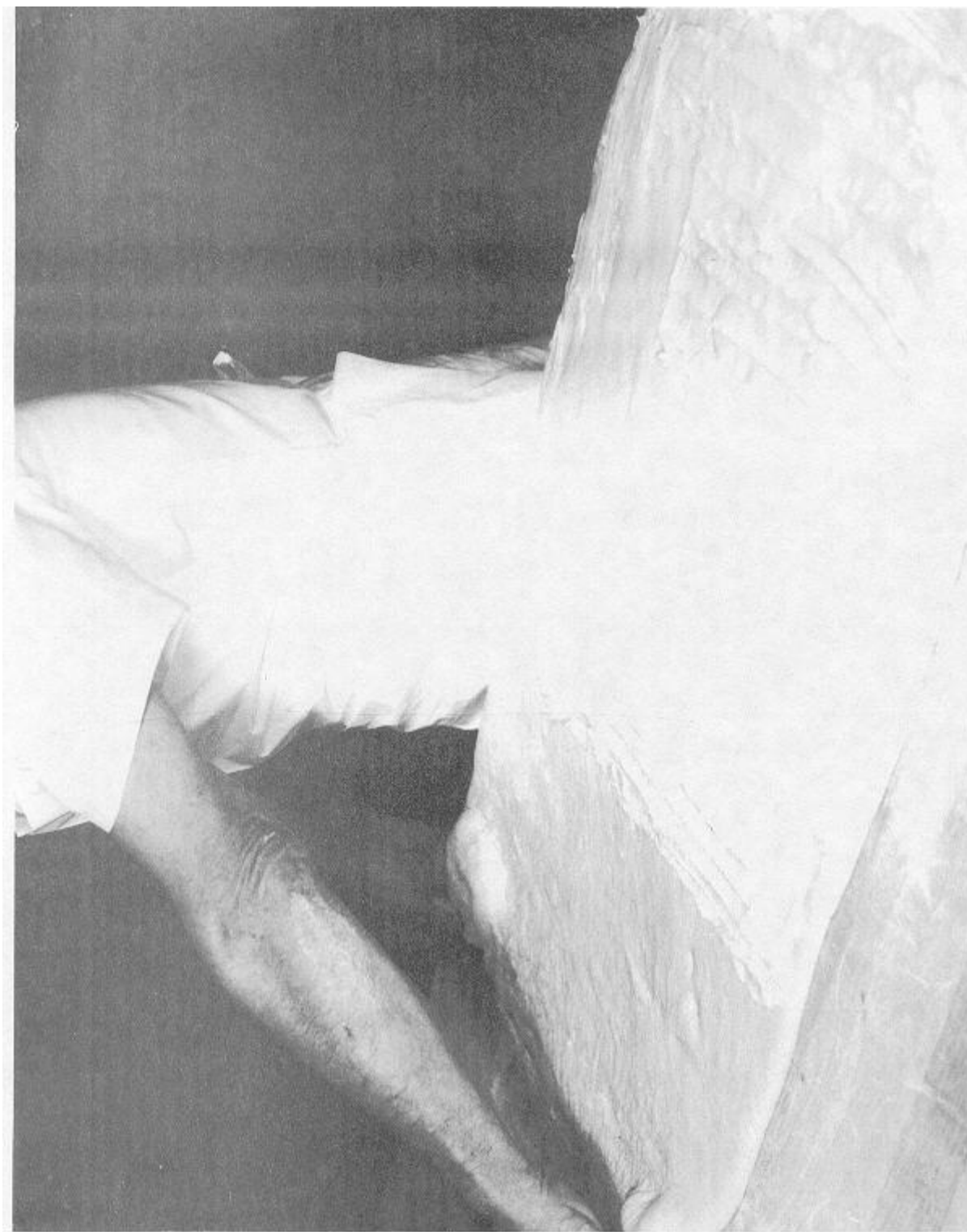
4. Rolling dough into a rectangular sheet  $\frac{1}{2}$  inch thick (see #3, fig. 1).

Figure 1. Rolling fat into danish pastry dough (Continued).



5. Spot fat on two-thirds of surface.

Figure 1. Rolling fat into danish pastry dough (Continued).



6. Fold the third without fat over the center third.

Figure 1. Rolling fat into danish pastry dough (Continued).



7. First fold completed.

Figure 1. Rolling fat into danish pastry dough (Continued).



8. Second fold: fold the first two-thirds (the third without fat and the center third) over the remaining third.

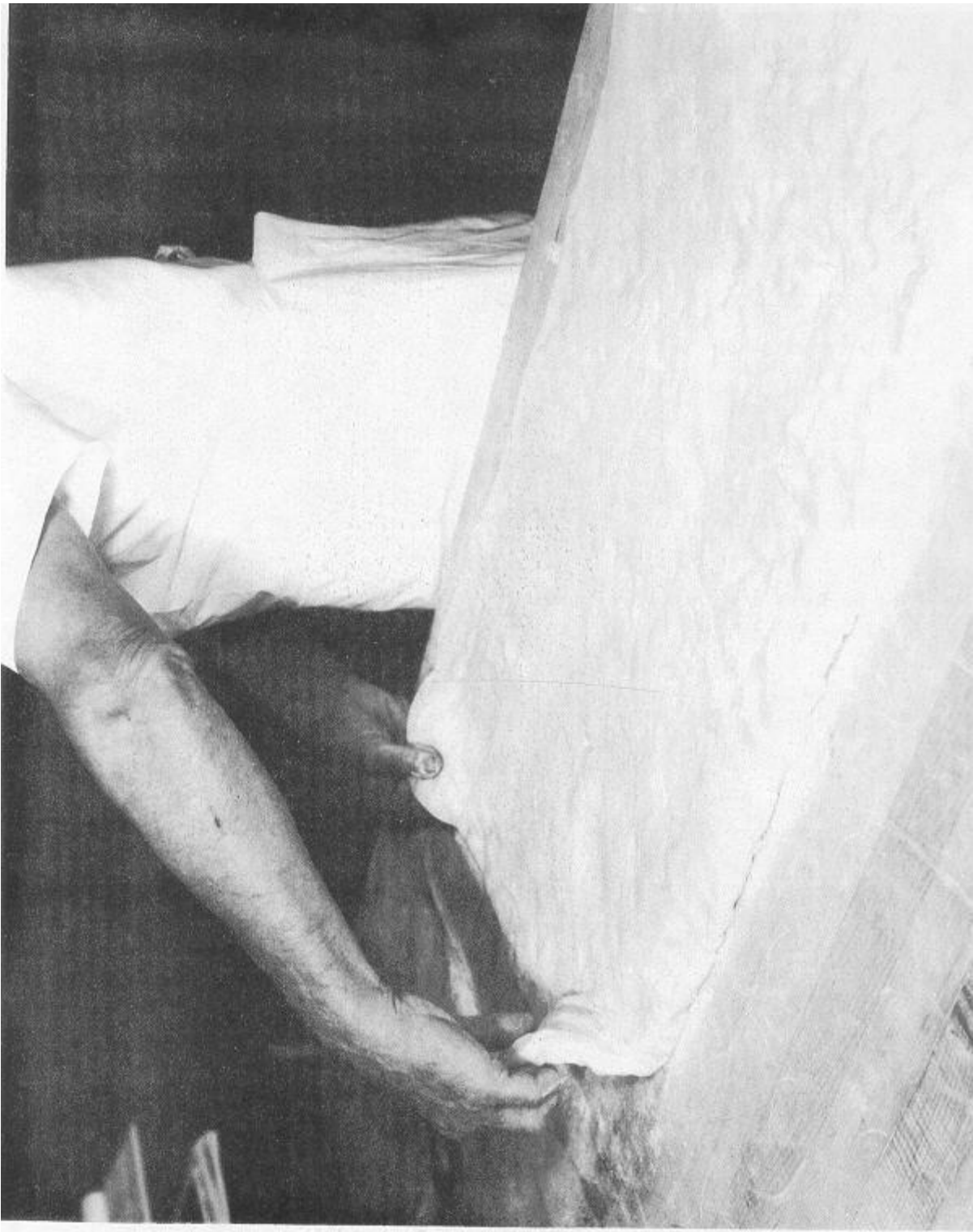
Figure 1. Rolling fat into danish pastry dough (Continued).





9. Second fold is complete. Now refrigerate dough.

Figure 1. Rolling fat into danish pastry dough (Continued).



10. Repeat folding procedure (omitting fat). First fold: fold first third over the center third.

Figure 1. Rolling fat into danish pastry dough (Continued).





11. Completing the first fold.

Figure 1. Rolling fat into danish pastry dough (Continued).



12. Second fold: Fold first two-thirds over the remaining third.

Figure 1. Rolling fat into danish pastry dough (Continued).



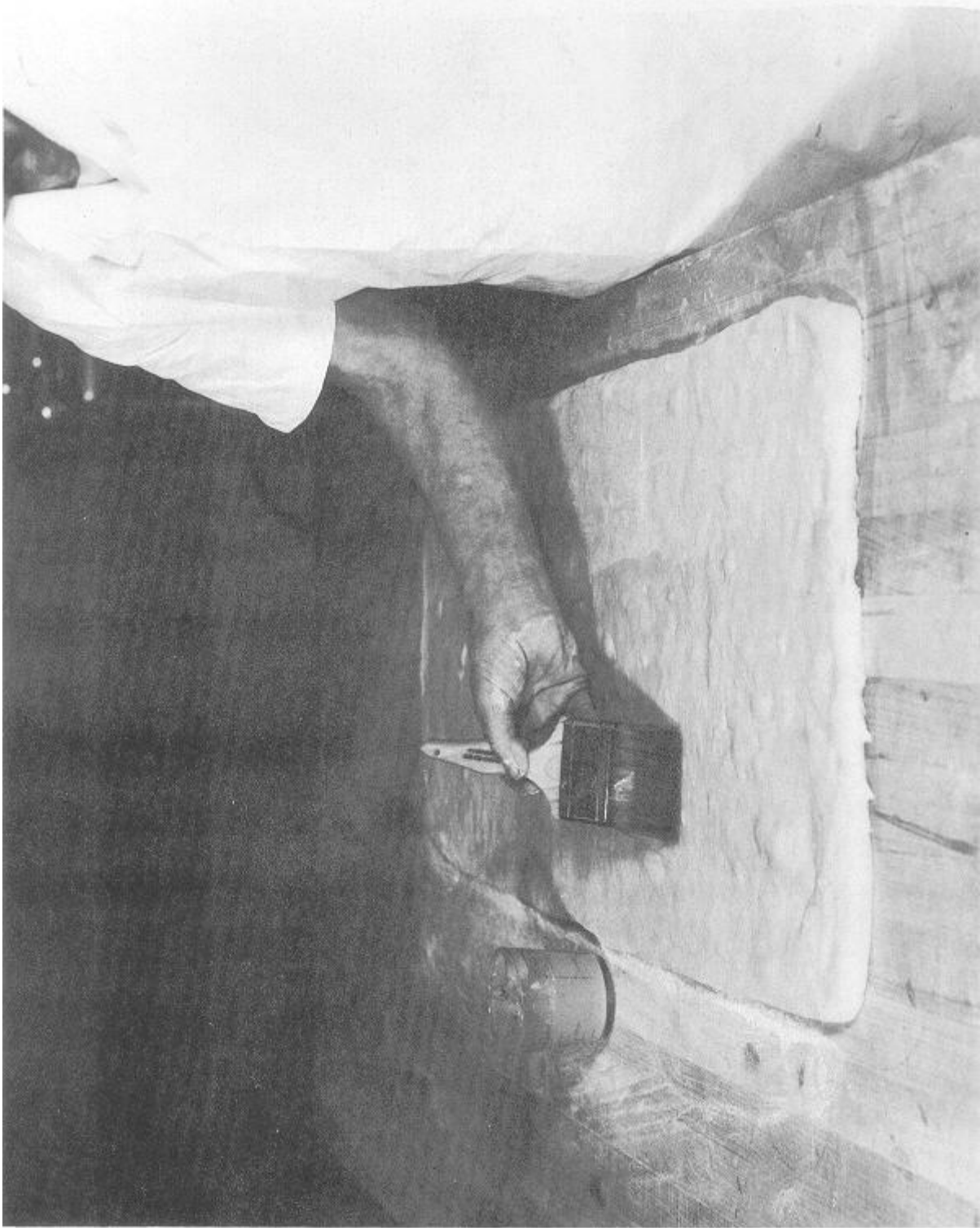
13. Second fold completed.

Figure 1. Rolling fat into danish pastry dough (Continued).



1. Roll dough to about 1/4 inch thickness, rolling from the center toward the edges.

Figure 2. Preliminary steps in danish pastry make-up.



2. Brush with melted butter.

Figure 2. Preliminary steps in danish pastry make-up (Continued).



3. Sprinkle sugar and cinnamon mixture over two-thirds of surface.

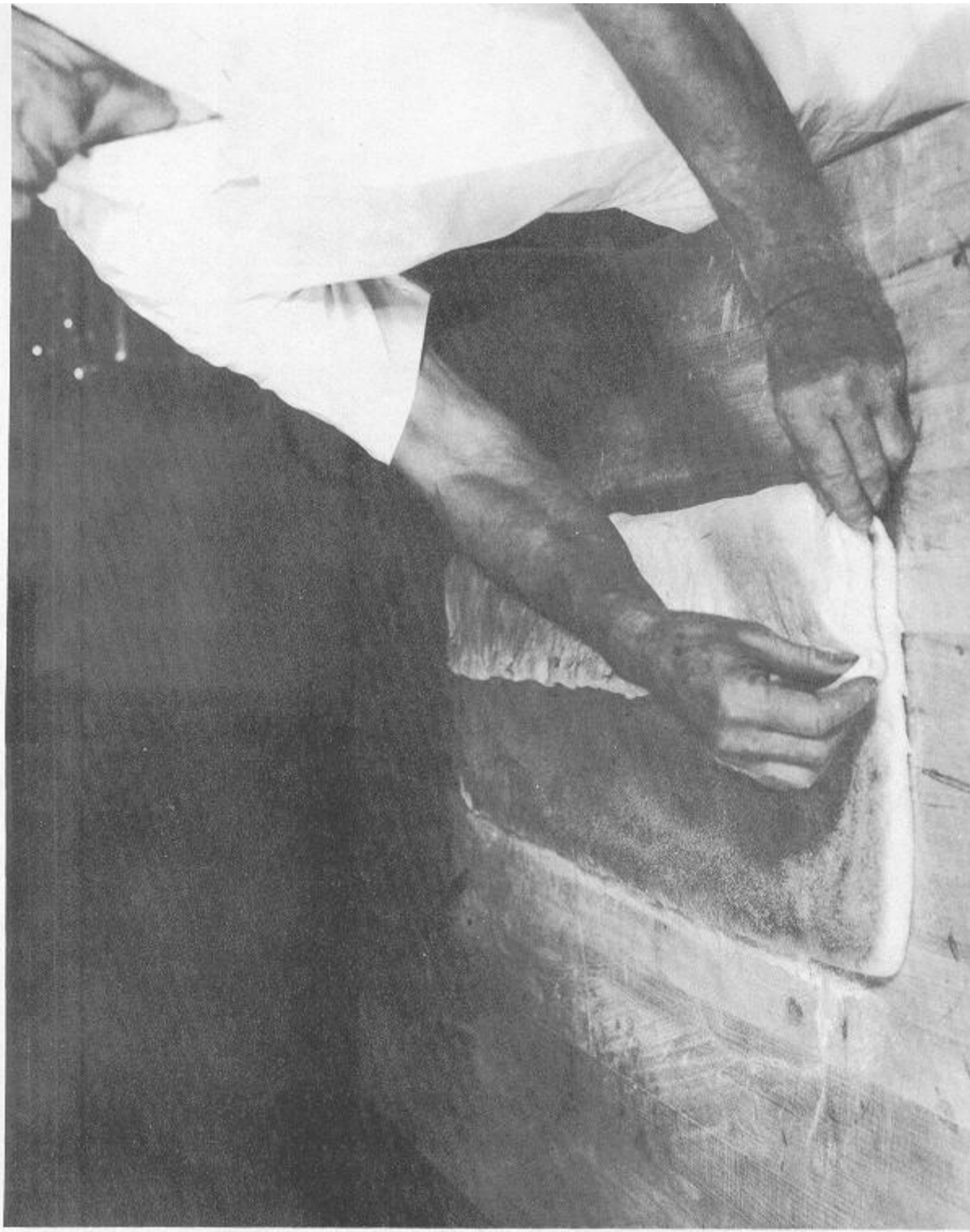
Figure 2. Preliminary steps in danish pastry make-up (Continued).





4. Fold the third without the sugar and cinnamon lengthwise over the center third.

Figure 2. Preliminary steps in danish pastry make-up (Continued).



5. Completing the first fold.

Figure 2. Preliminary steps in danish pastry make-up (Continued).





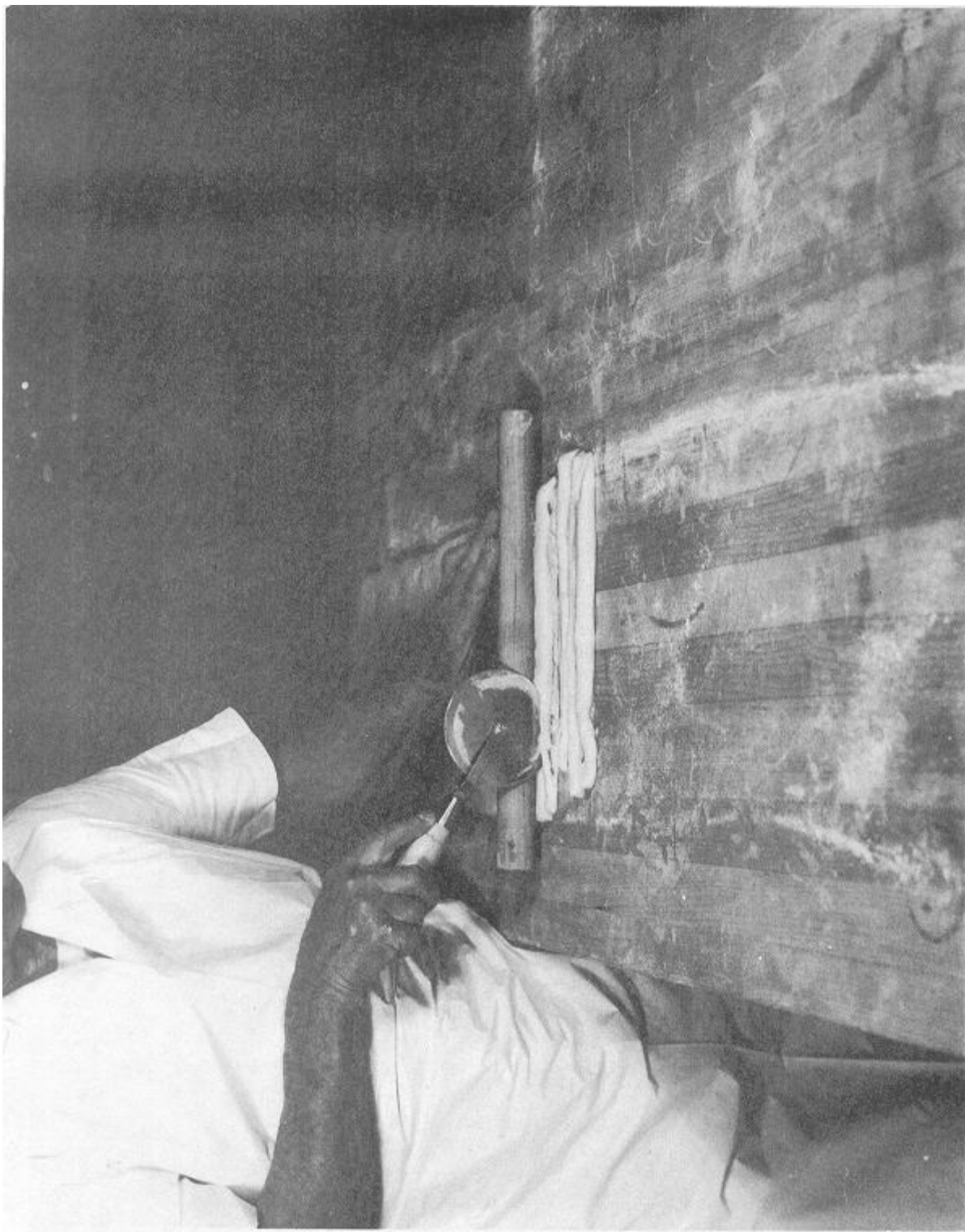
6. Second fold: fold the first two-thirds (the third without the sugar and cinnamon and the center third) over the remaining third.

Figure 2. Preliminary steps in danish pastry make-up (Continued).



7. Completing the second fold.

Figure 2. Preliminary steps in danish pastry make-up (Continued).



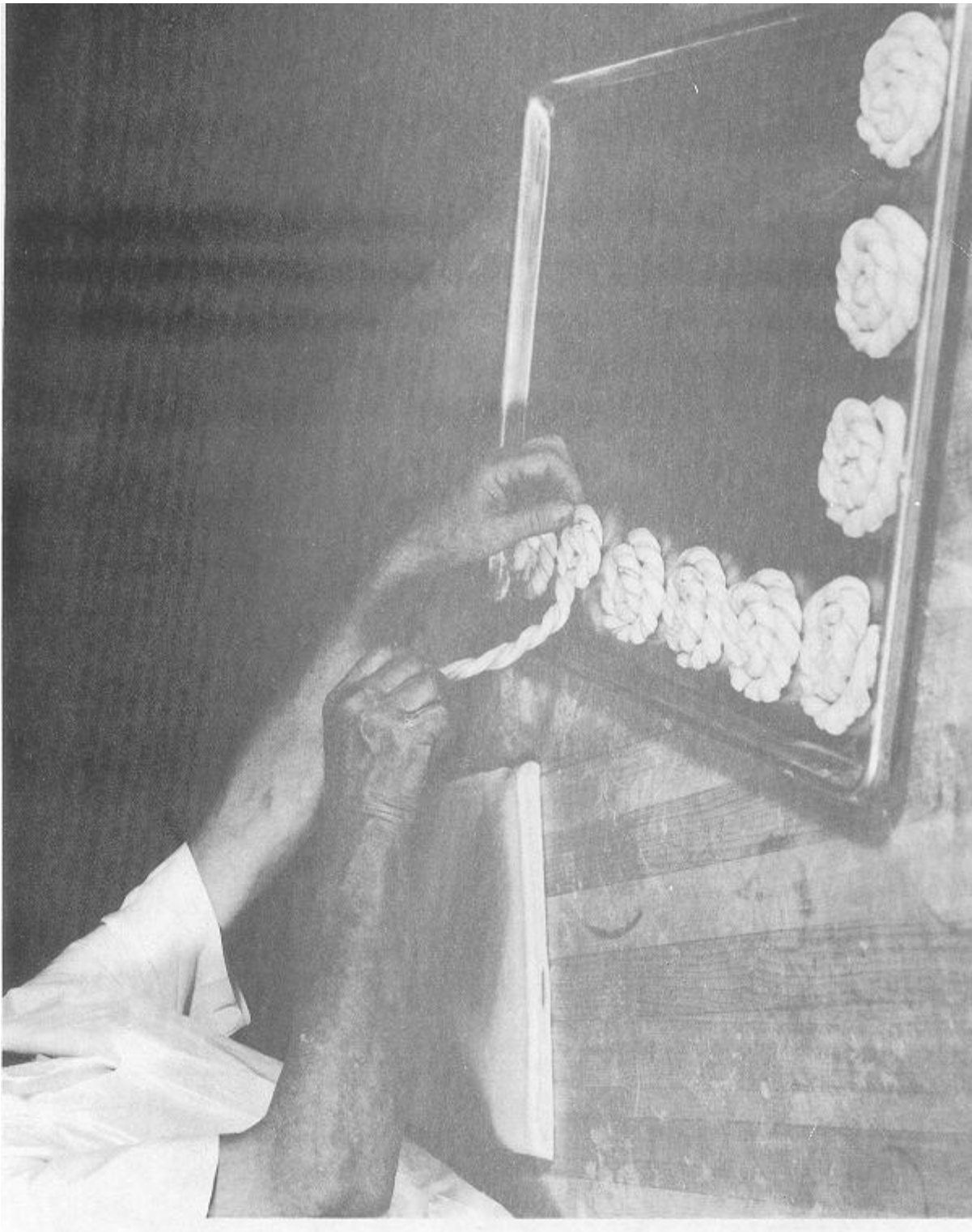
8. Roll out dough to about 1/2 inch thickness. Cut dough crosswise into 1-inch strips.

Figure 2. Preliminary steps in danish pastry make-up (Continued).



9. Twist each strip of dough and roll until piece is 10 to 12 inches long.

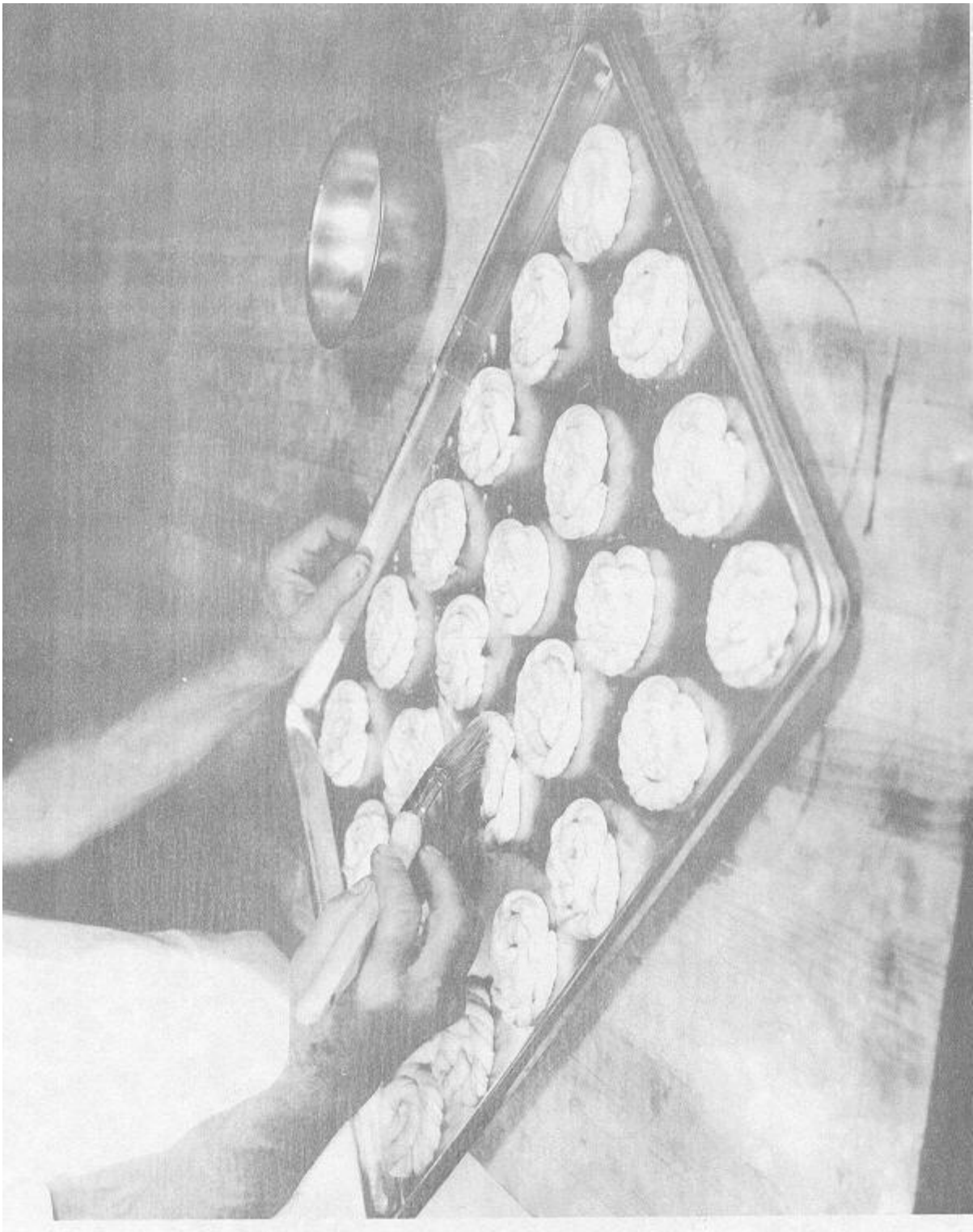
Figure 2 Preliminary steps in danish pastry make-up (Continued)



1. Form snails by winding twisted dough in circle; tuck loose end under.

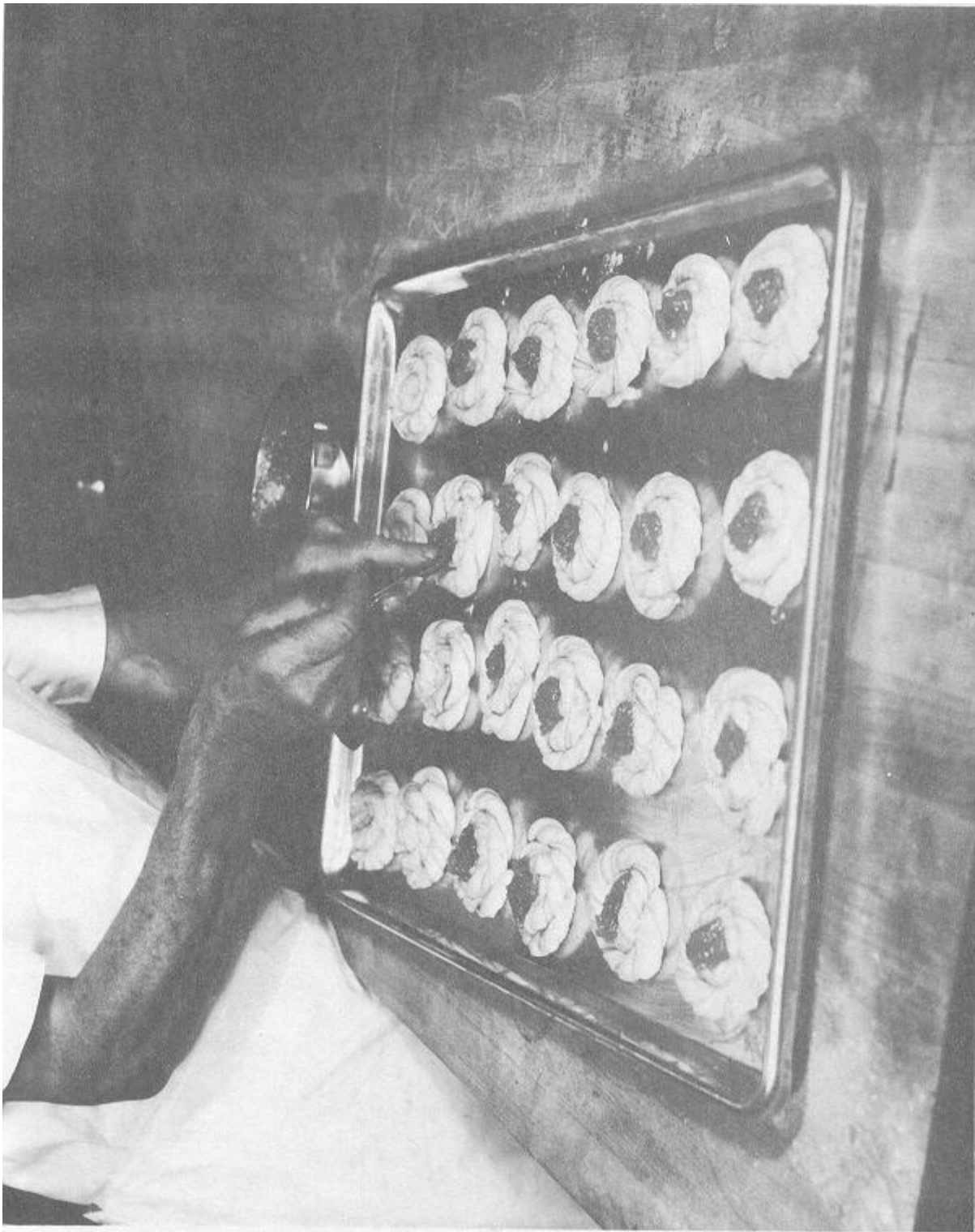
Figure 3. Methods of making snails, double snails, and pineapple bars.





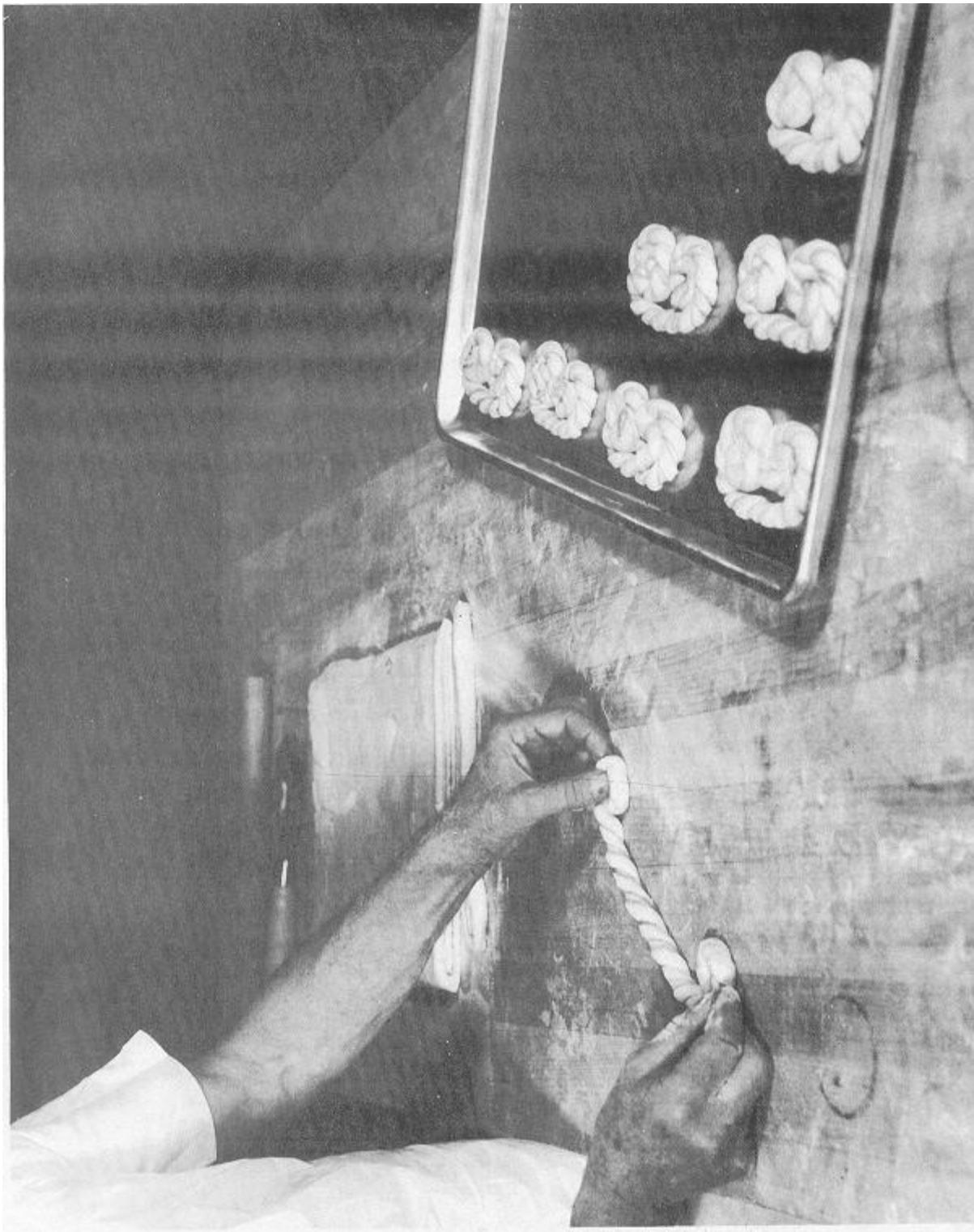
2. Egg wash before adding jam.

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).



3. Add jam topping.

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).



4. Form double snail by curling both ends of twisted dough toward center.

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).





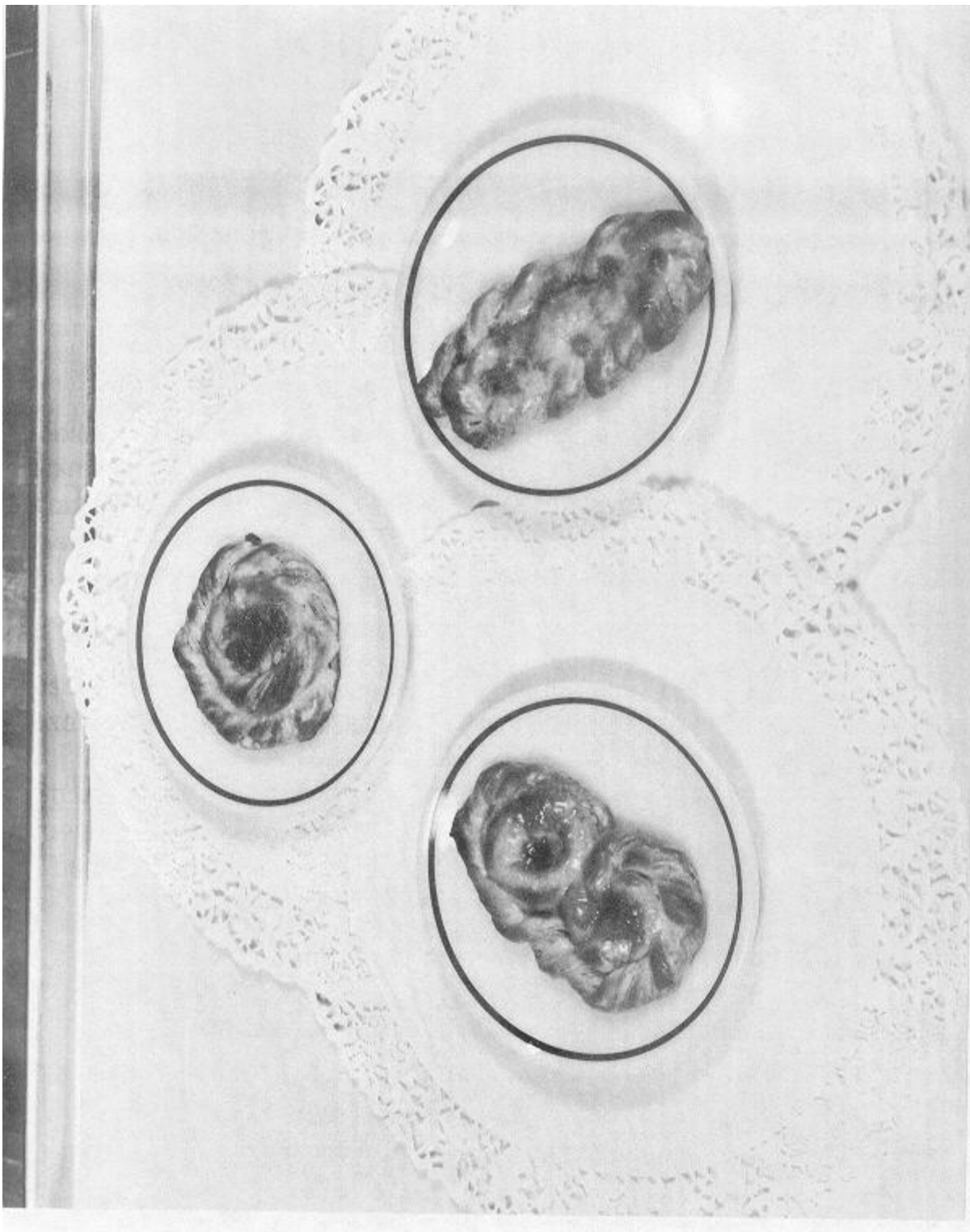
5. Curling ends of twisted dough to form double snail.

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).



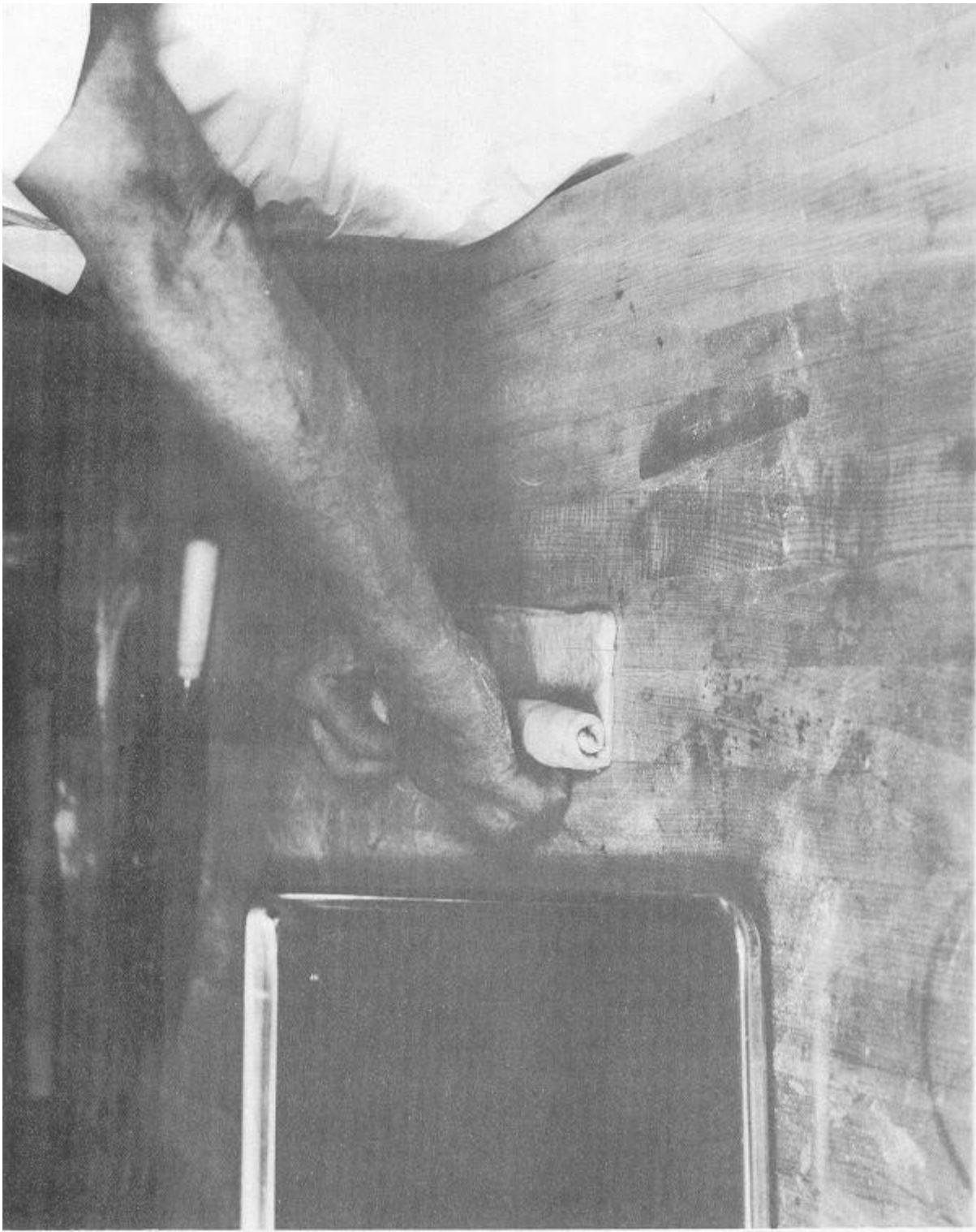
6. Form pineapple bar by circling approximately  $\frac{1}{3}$  of the length of twisted dough with the other  $\frac{2}{3}$  length to form 3 lines of dough, each approximately  $\frac{1}{3}$  of the total length.

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).



7. Glaze or ice all danish pastry products before serving. Finished products: snail (top), double snail (bottom left), and pineapple bar (bottom right).

Figure 3. Methods of making snails, double snails, and pineapple bars (Continued).



1. Roll dough into cylinder shape.

Figure 4. Heart-shaped coffee cake.



2. Make final seal on cylinder roll.

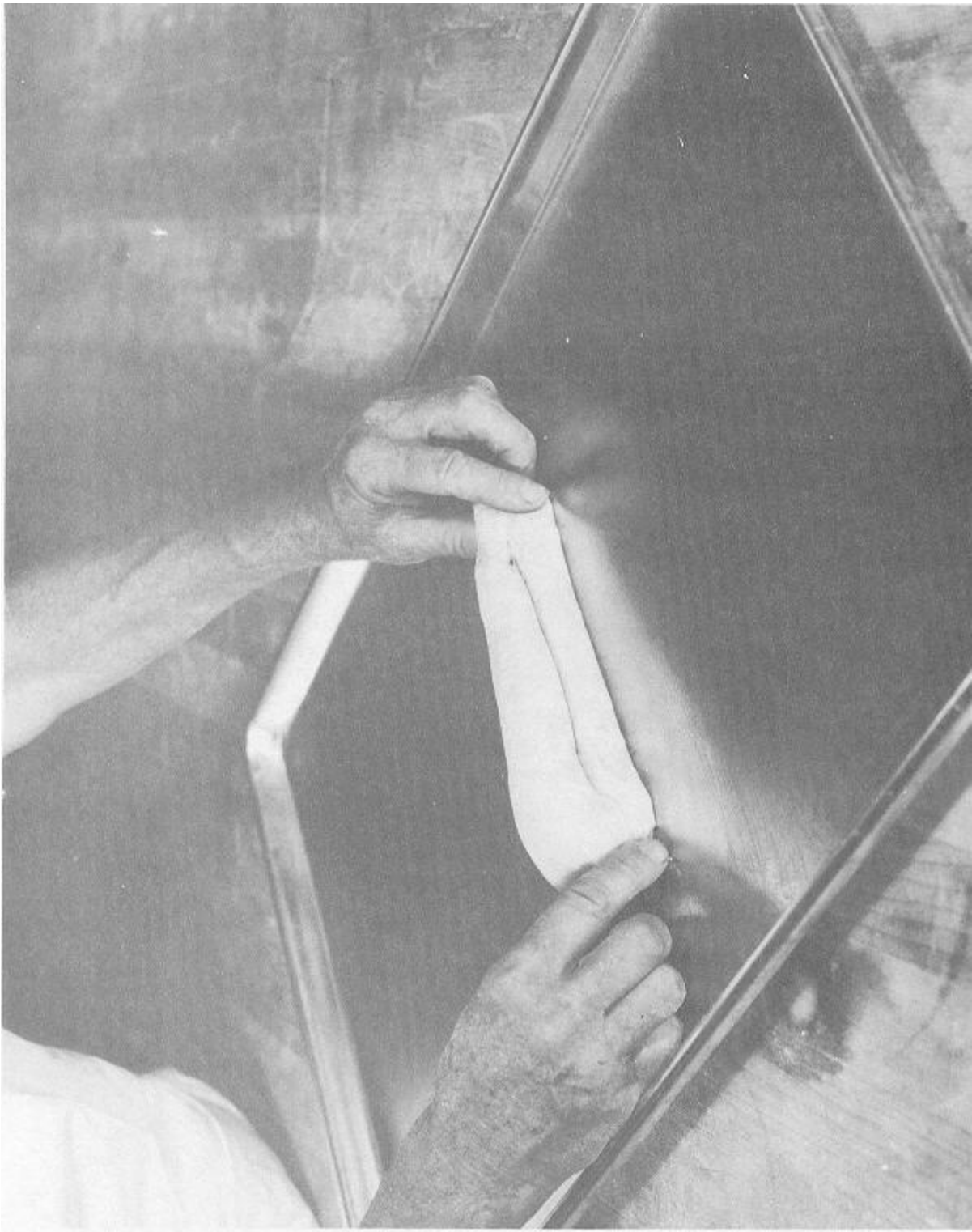
Figure 4. Heart-shaped coffee cake (Continued).





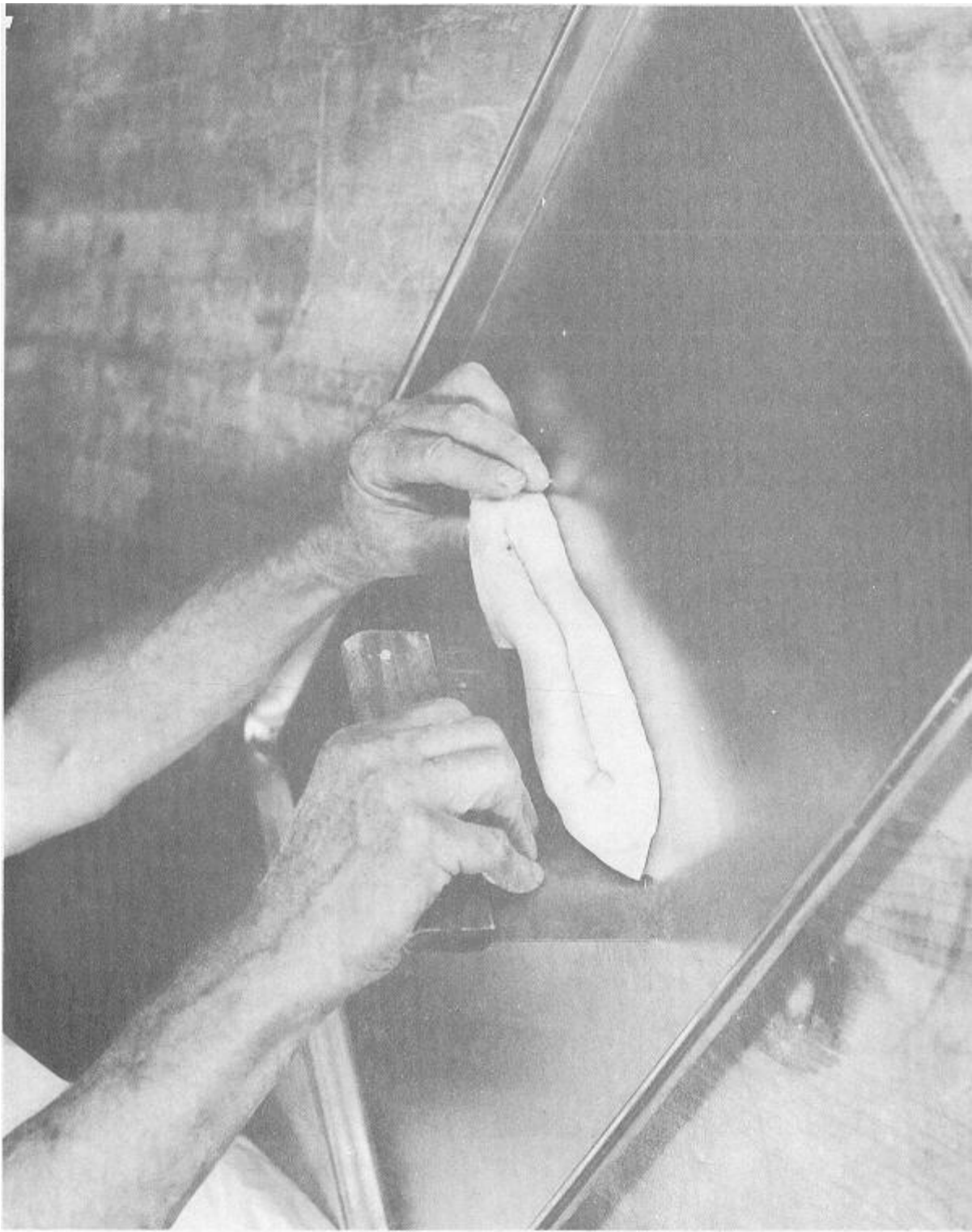
3. Roll dough so that outer edges are thinner; do not roll center of cylinder.

Figure 4. Heart-shaped coffee cake (Continued).



4. Connect ends and pinch together.

Figure 4. Heart-shaped coffee cake (Continued).



5. Using a scraper, cut through dough about  $\frac{3}{4}$  of way toward joined ends.

Figure 4. Heart-shaped coffee cake (Continued).





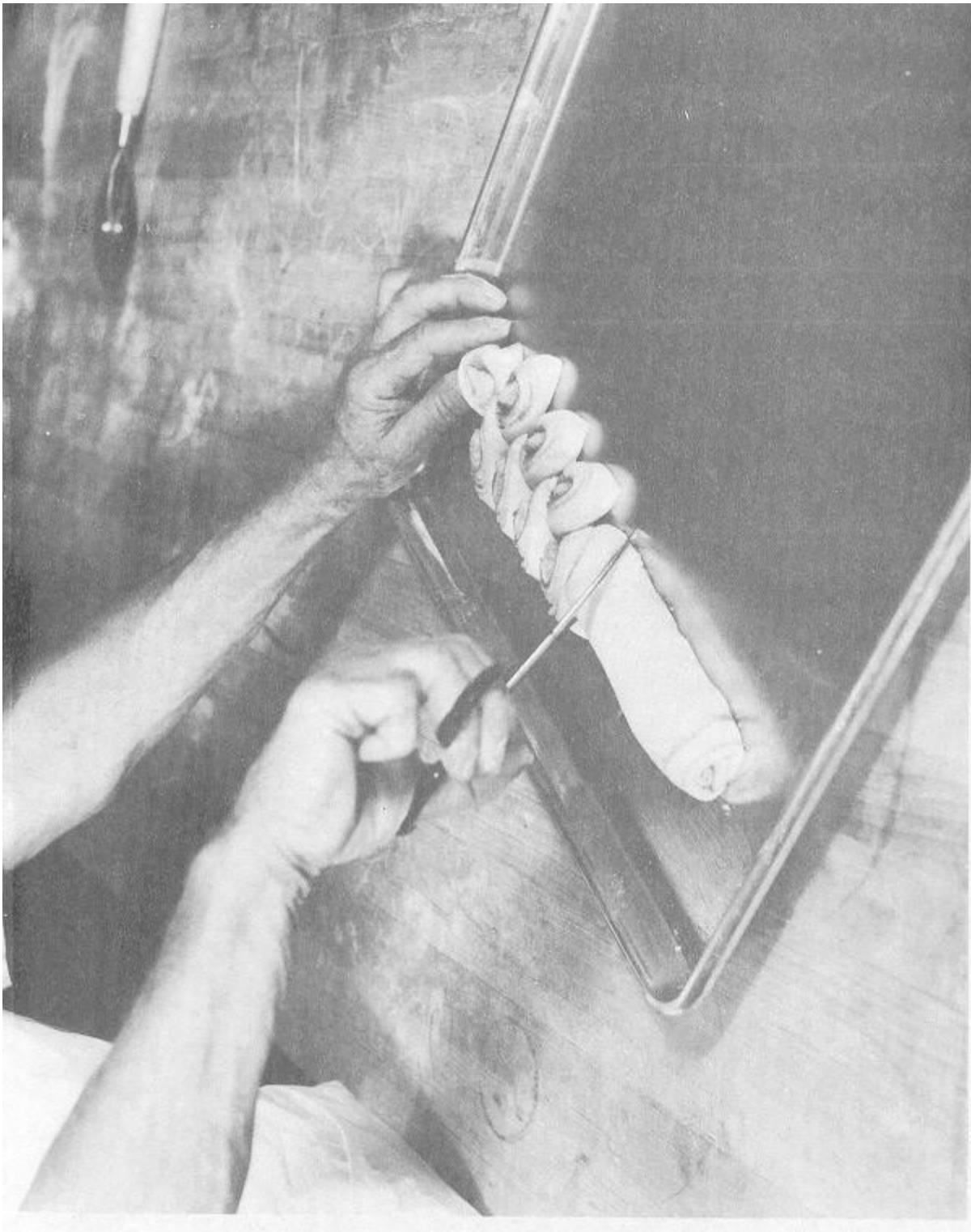
6. After cutting, invert dough to obtain heart shape.

Figure 4. Heart-shaped coffee cake (Continued).



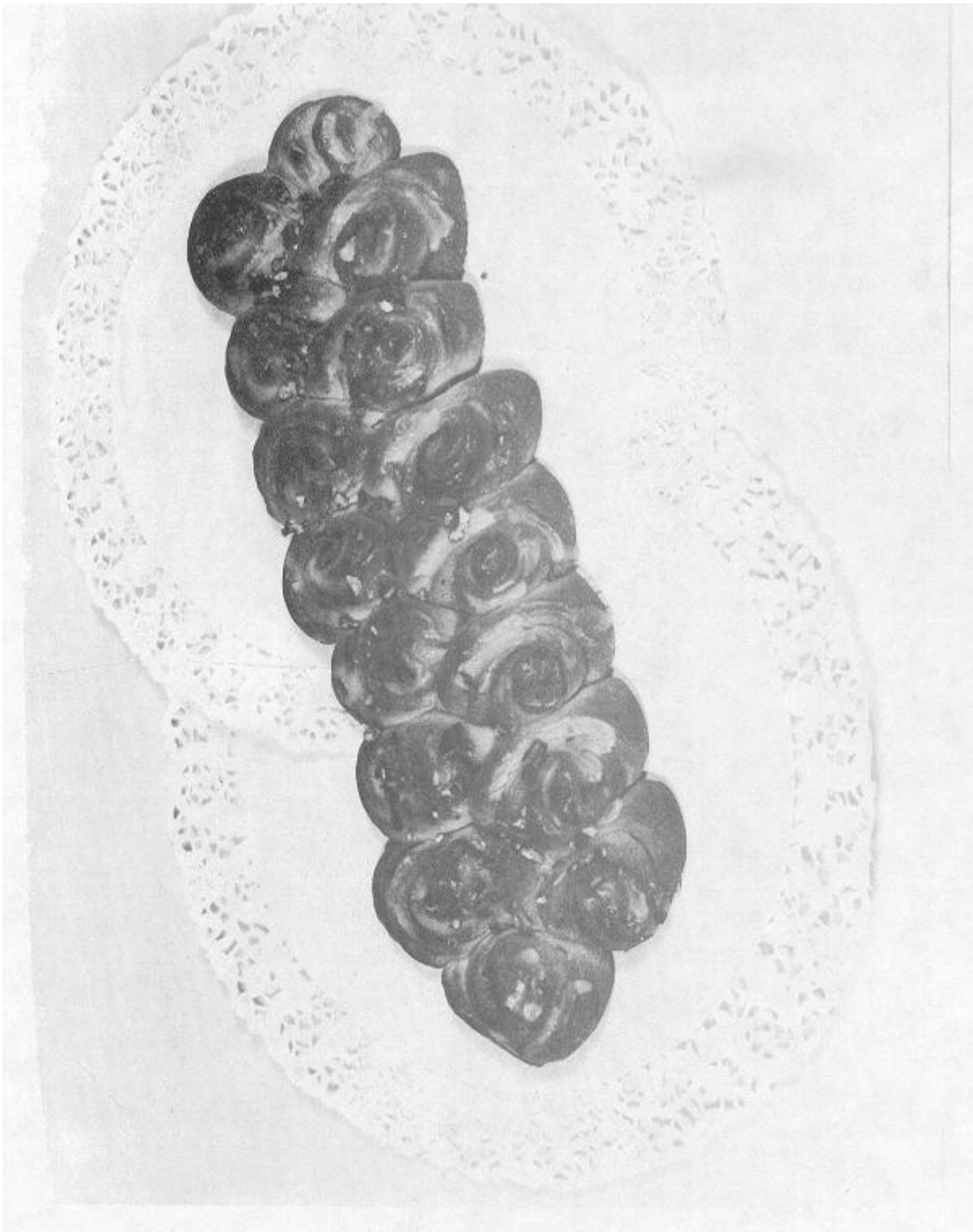
7. Glaze or ice before serving.

Figure 4. Heart-shaped coffee cake (Continued).



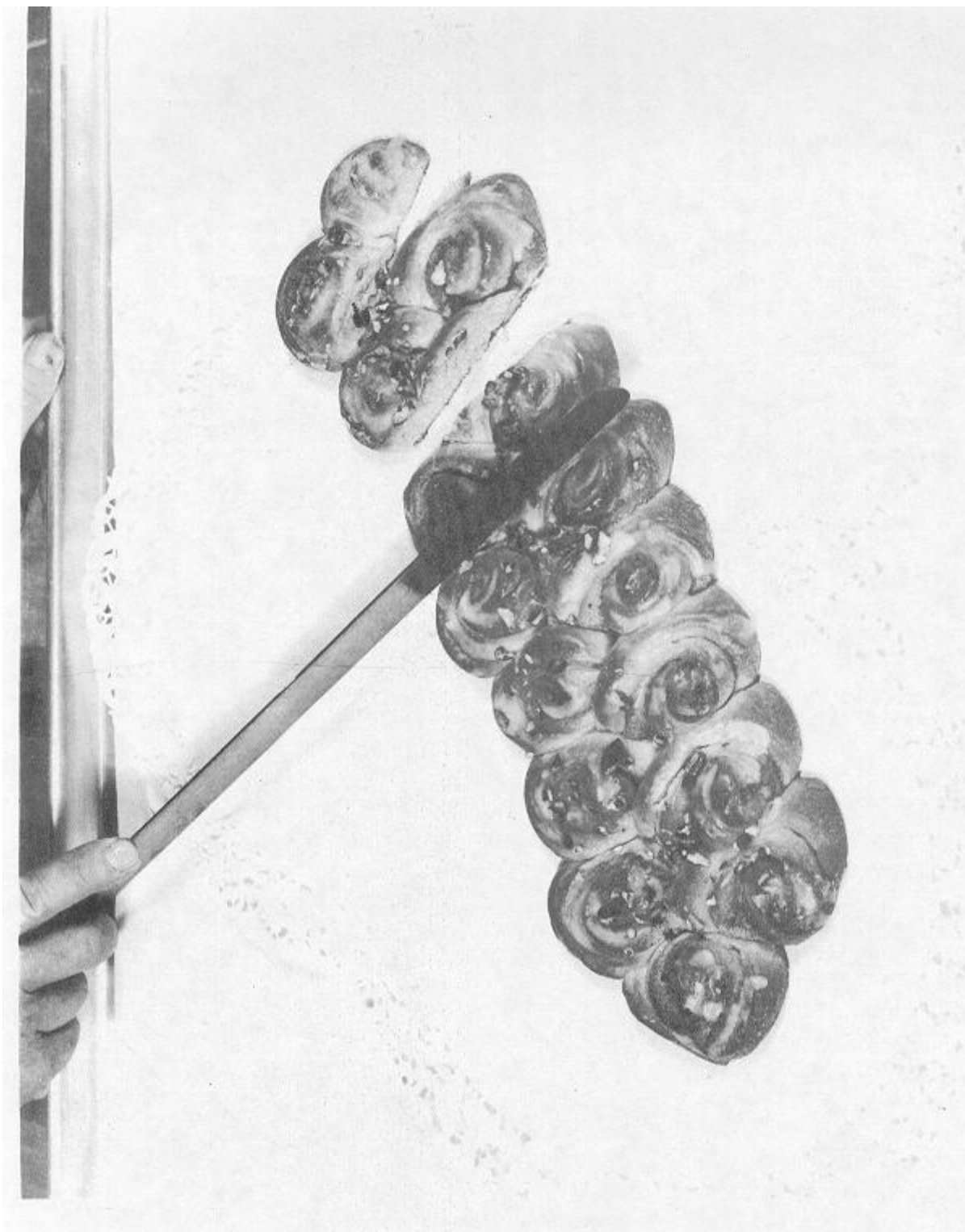
1. Follow steps in figure 4, #1 and 2. After sealing the cylindrical piece of dough, cut almost completely through the dough at an angle, and turn over individual pieces, alternating them to the left, then right.

Figure 5. Making alligators



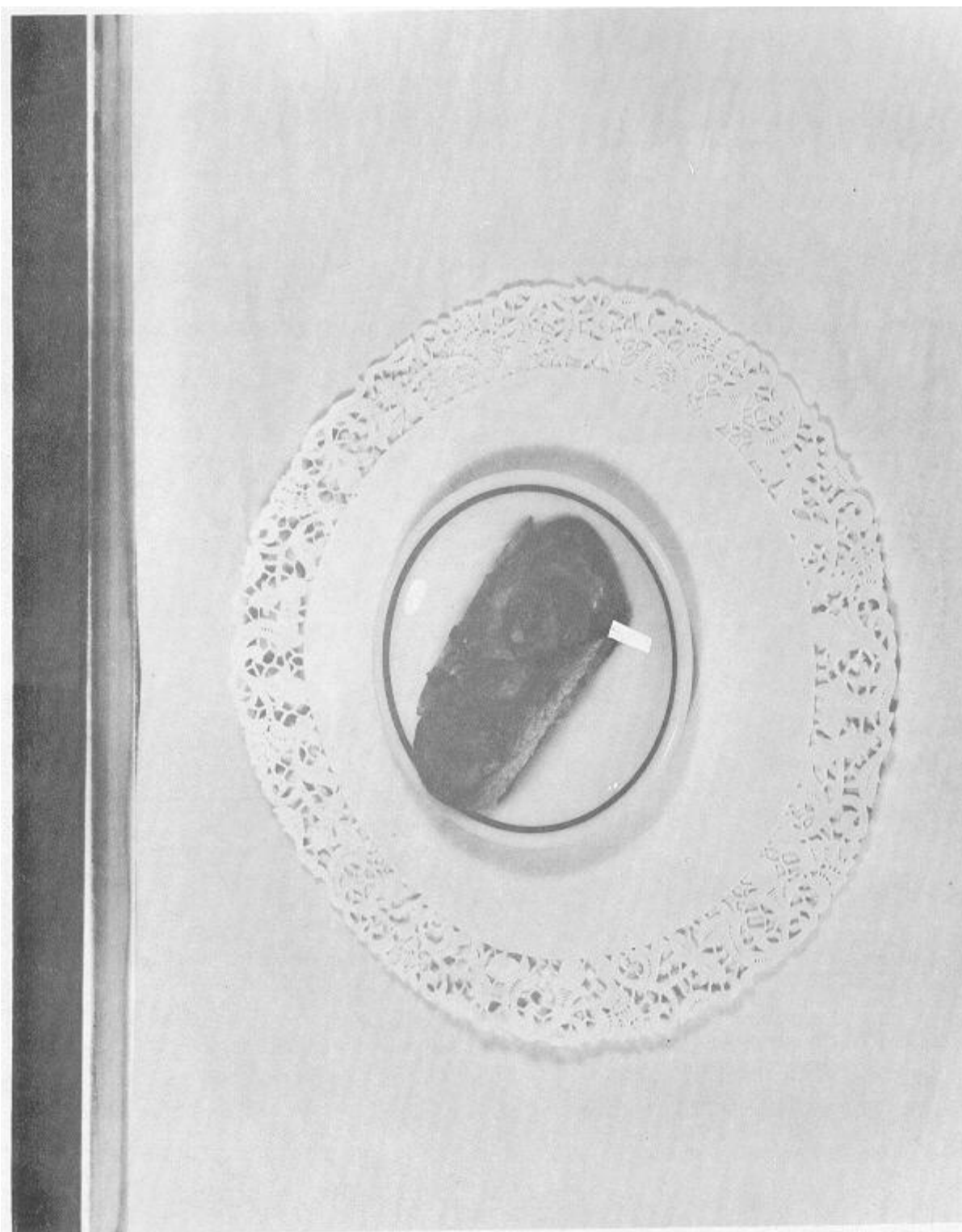
2. Glaze or ice before serving.

Figure 5. Making alligators (Continued).



3. Cut alligators for individual servings.

Figure 5. Making alligators (Continued).



4. Individual serving of alligator.

Figure 5. Making alligators (Continued).



a. The recipe for puff paste dough which follows is intended for use with puff paste shortening ONLY. (Puff paste shortening has a melting point of 1150 F.) Do not attempt to use the recipe unless puff paste shortening is available. See Appendix A, page 123.

(1) Sift dry ingredients together and place in mixing bowl. Add puff paste shortening, blending by rubbing gently between the hands until no shortening can be seen. (See figure 6.)

(2) Add water and form dough. Place on appropriate-sized sheet pan dusted with bread flour and flatten out dough. Place in refrigerator for 30 minutes.

(3) Spot puff paste shortening over 2/3 of dough which has been rolled to a uniform thickness of 1/2 inch (see figure 7, #1 and 2). Fold into a 3-fold (see figure 7, #3-6) and place back in refrigerator. Repeat this rolling and folding procedure 4 more times; refrigerate dough about 30 minutes between each set of foldings.

b. Some suggestions for making up pastries from puff paste dough are given below.

(1) When making up cream horns (fig. 8), the cones are removed from the cream horns as soon as they are taken from the oven.

(2) Turnovers (fig. 9) are made by rolling the dough to 1/8-inch thickness, cutting it into squares, placing filling in center of each square, moistening the edges of the dough, and folding the squares to form triangles or oblongs.

c. The following precautions should be observed in preparing pastries from puff pastry dough:

(1) When folding the dough for patty shells (fig. 10), be sure that all edges are properly squared. If the edges are not squared, the dough will have an uneven number of layers in some spots; and the patty shells may tip over during baking.

(2) Do not fold dough more times than required. If the dough is folded too many times, the layers of dough and shortening will become so thin that they will be forced together and cause the finished items to be soggy and heavy.

(3) Overworking of the dough during any period of makeup will cause the layers to break down during baking and form a solid mass.

(4) Brush excess dusting flour from the dough; otherwise it will show up as raw flour in the finished product and make the layers dry and tough.

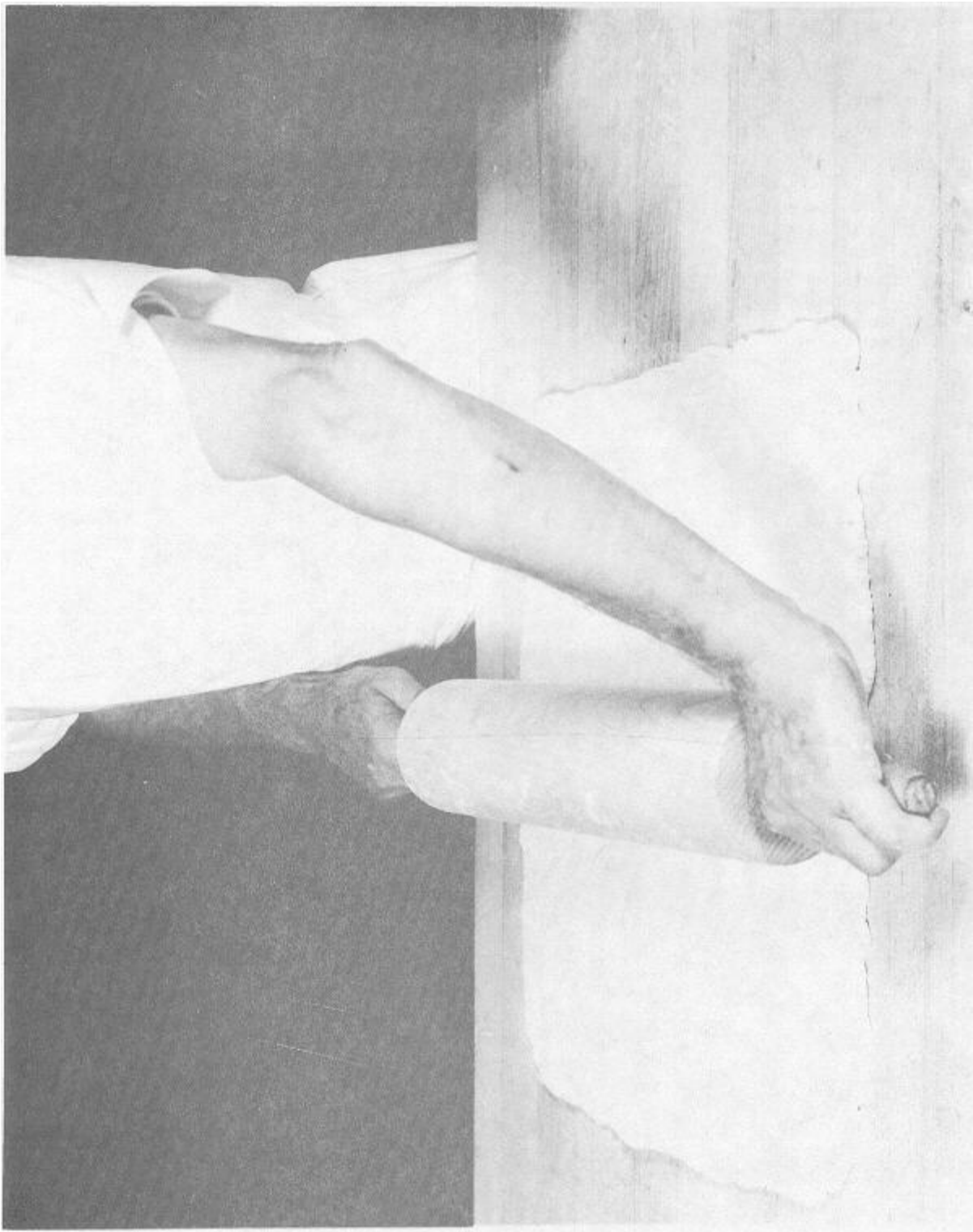


Figure 6. Making up puff paste dough.





Figure 6. Making up puff paste dough (Continued).



1. Roll dough to 1/2 inch thickness, rolling from the center toward the edges.

Figure 7. Rolling fat into puff paste dough.



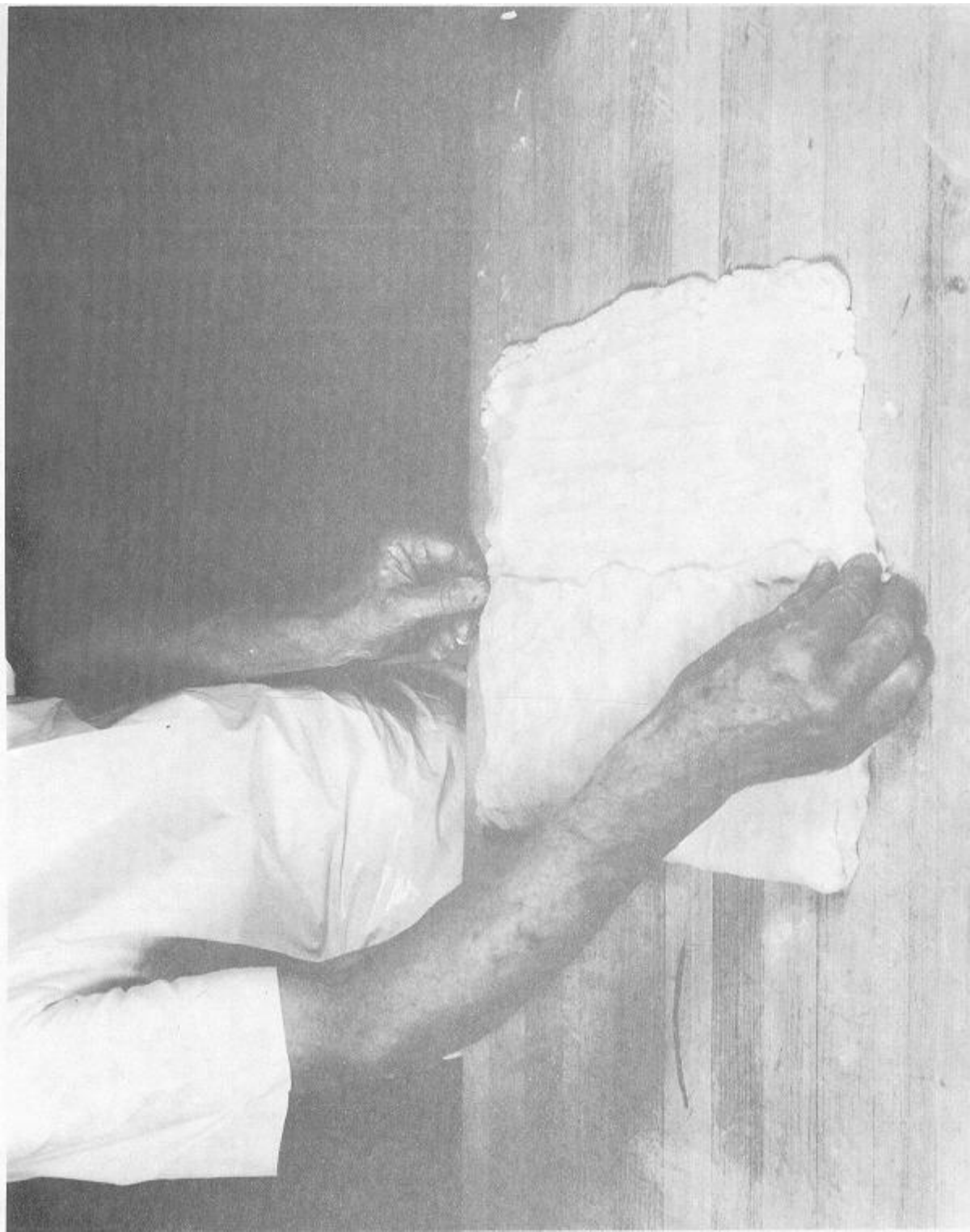
2. Spot dough with fat over two-thirds of surface.

Figure 7. Rolling fat into puff paste dough (Continued).



3. First fold: fold the third without fat over the center third.

Figure 7. Rolling fat into puff paste dough (Continued).



4. Completing the first fold.

Figure 7. Rolling fat into puff pastedough (Continued).



5. Second fold: fold the first two-thirds over the remaining third.

Figure 7. Rolling fat into puff paste dough (Continued).





6. Second fold completed.

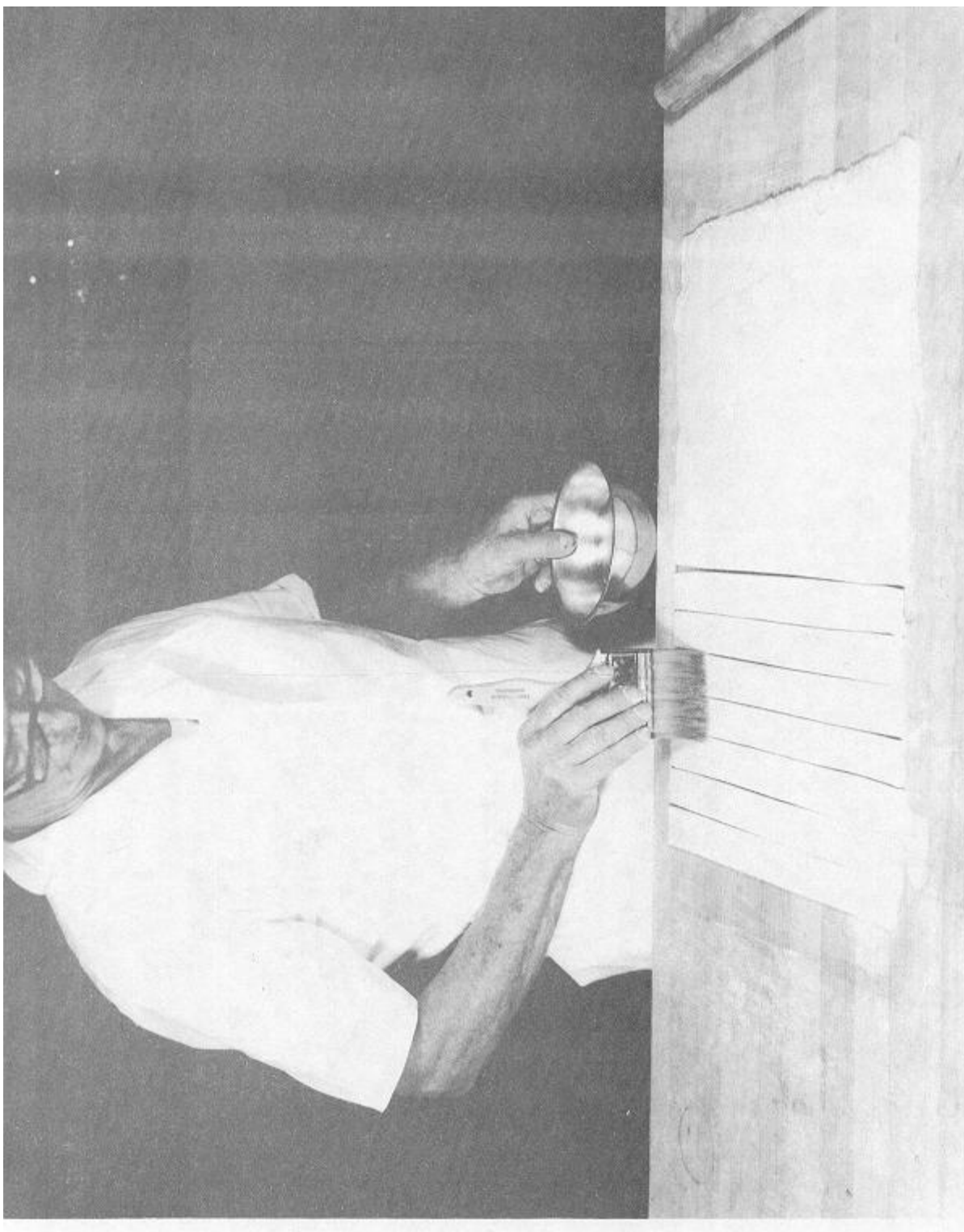
Figure 7. Rolling fat into puff paste dough (Continued).



1. Cut rolled dough into strips about 1-1/2 inches wide, 14 inches long, and 1/8 inch thick.

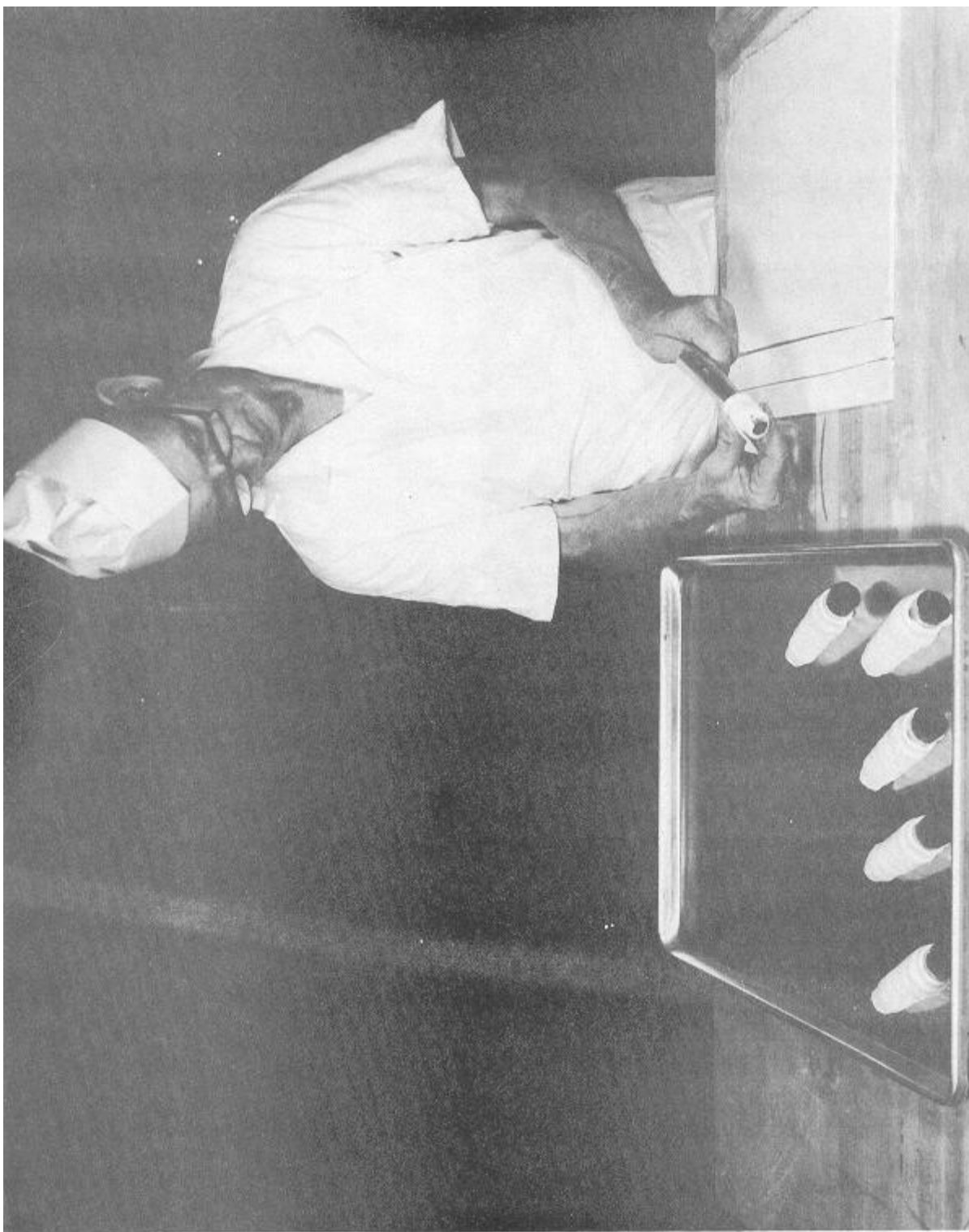
Figure 8. Making up cream horns.





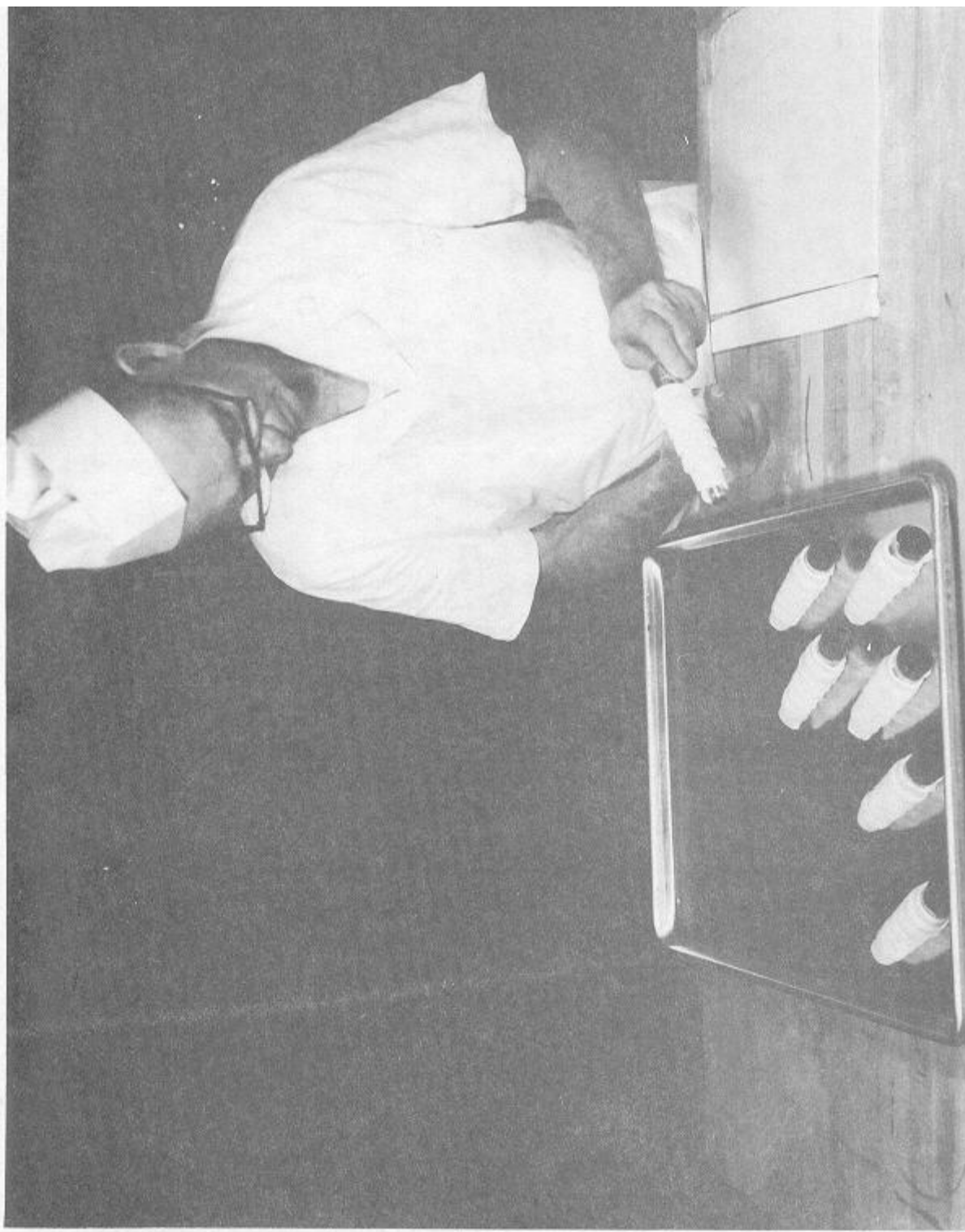
2. Brush dough strips with water.

Figure 8. Making up cream horns (Continued).



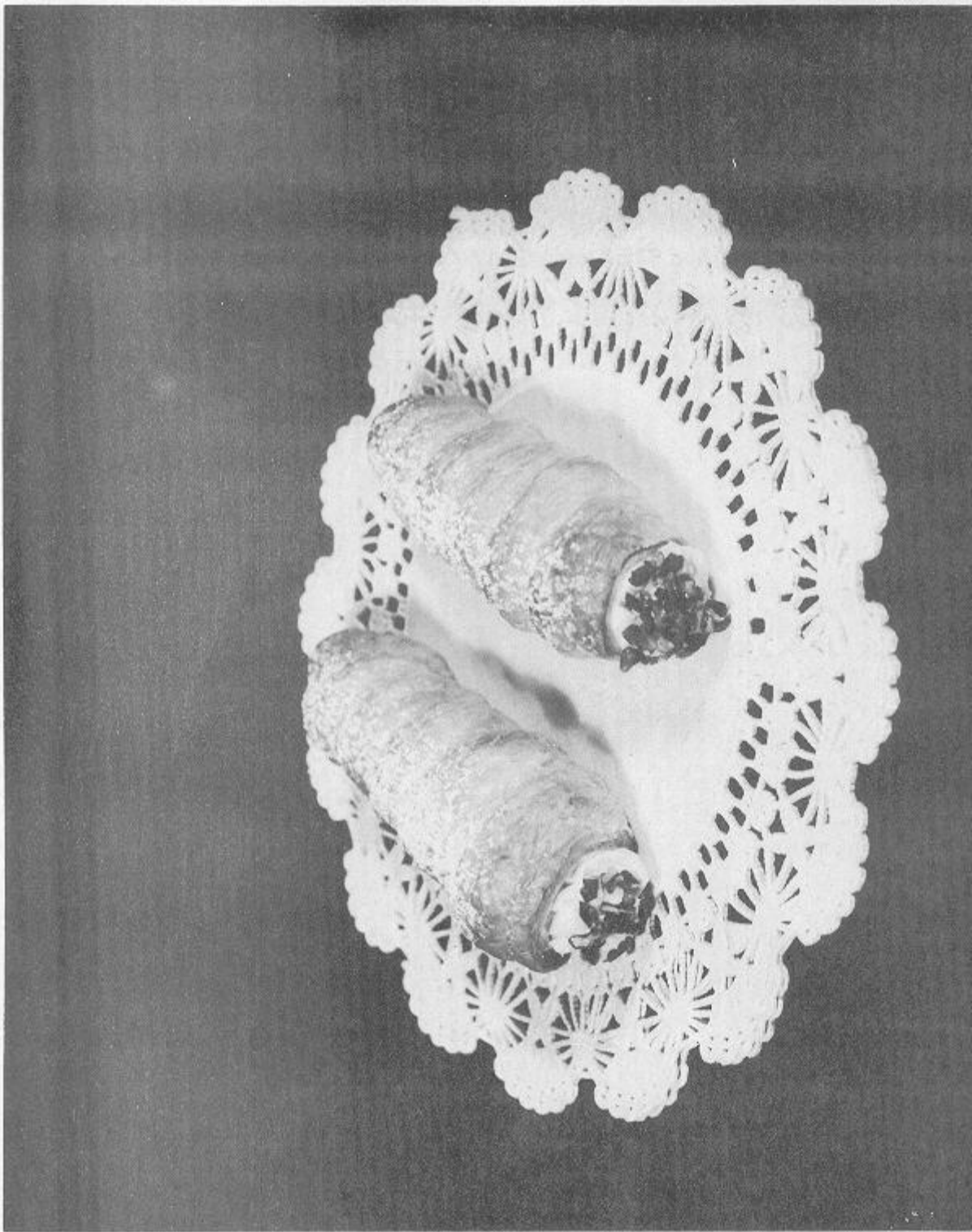
3. Roll dough onto metal or paper cone starting at small end of cone. Keep dry side of dough against cone and wet side away from cone to avoid sticking.

Figure 8. Making up cream horns (Continued).



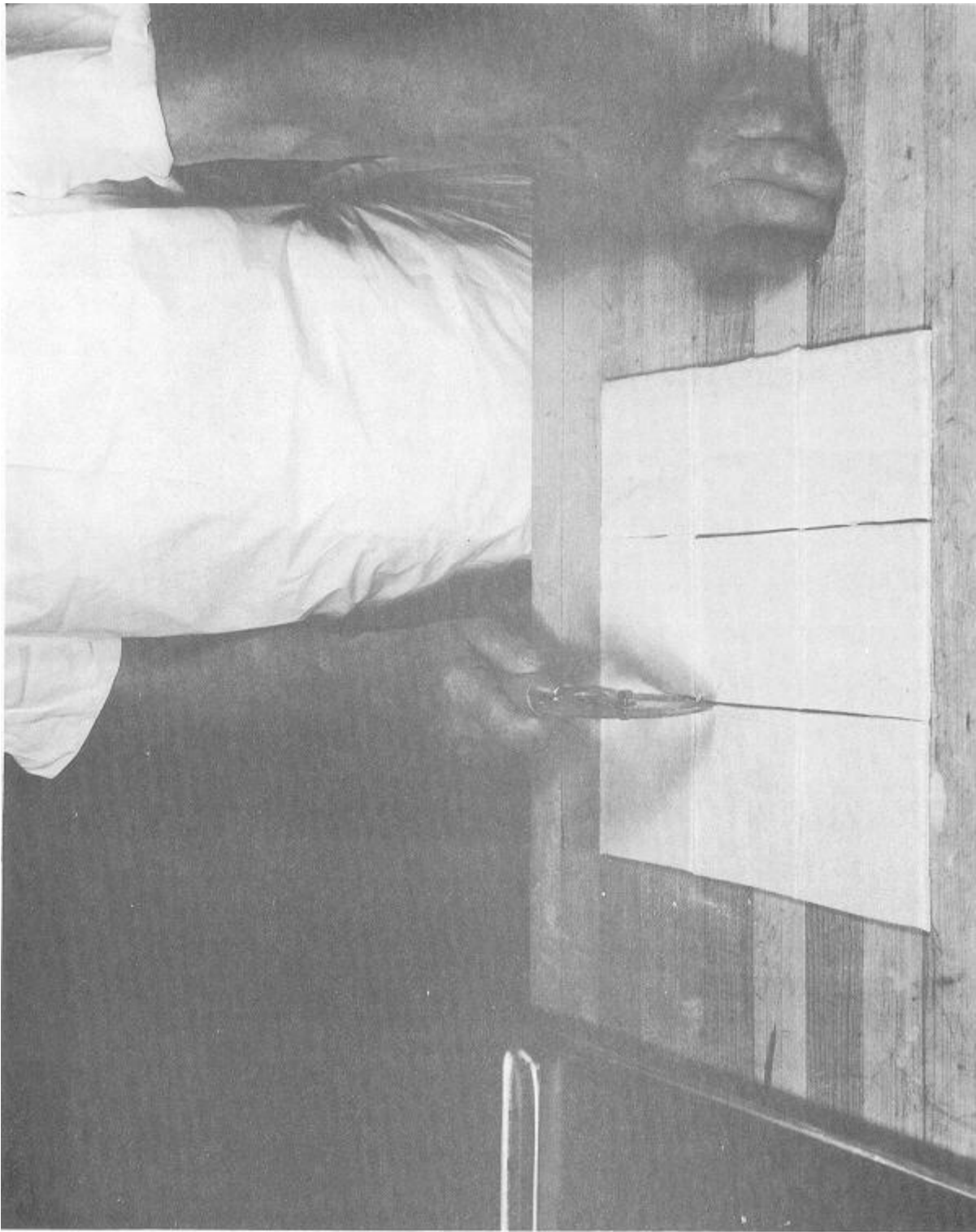
4. Complete roll by overlapping end of dough strip. Place overlapping end against pan.

Figure 8. Making up cream horns (Continued).



5. Cream horns (with filling) ready for serving.

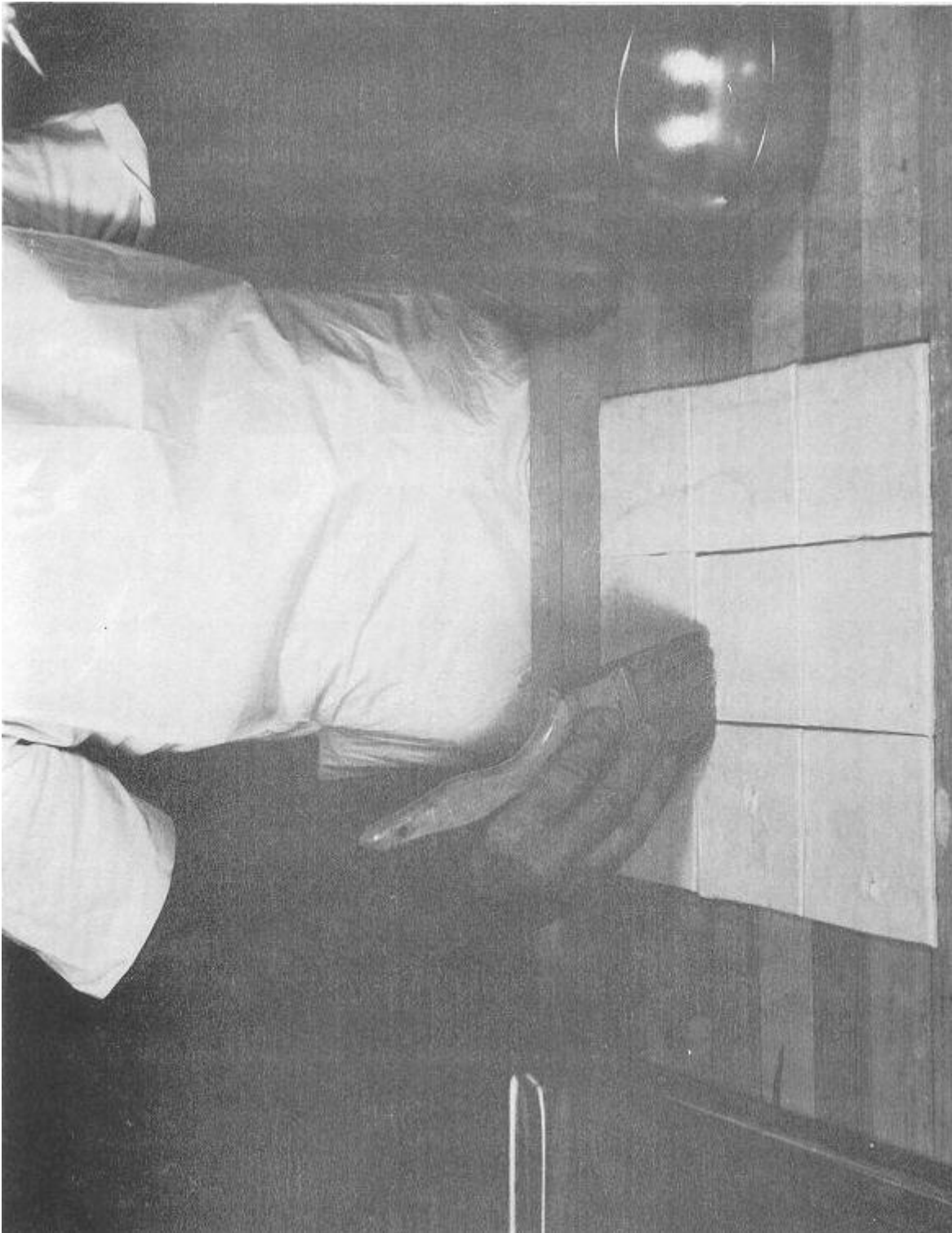
Figure 8. Making up cream horns (Continued).



1. Cutting dough for puff pastry turnovers.

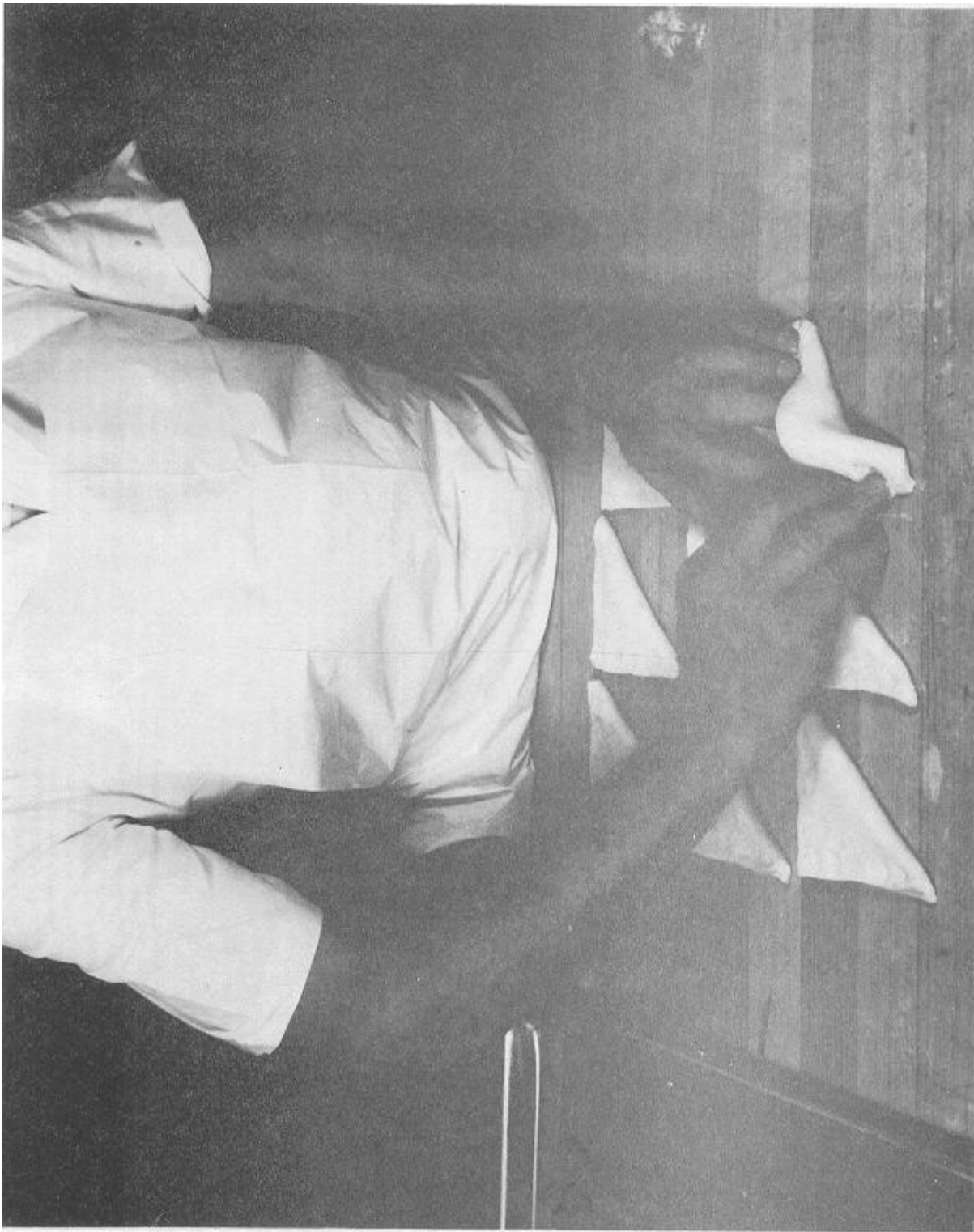
Figure 9. Making puff paste turnovers.





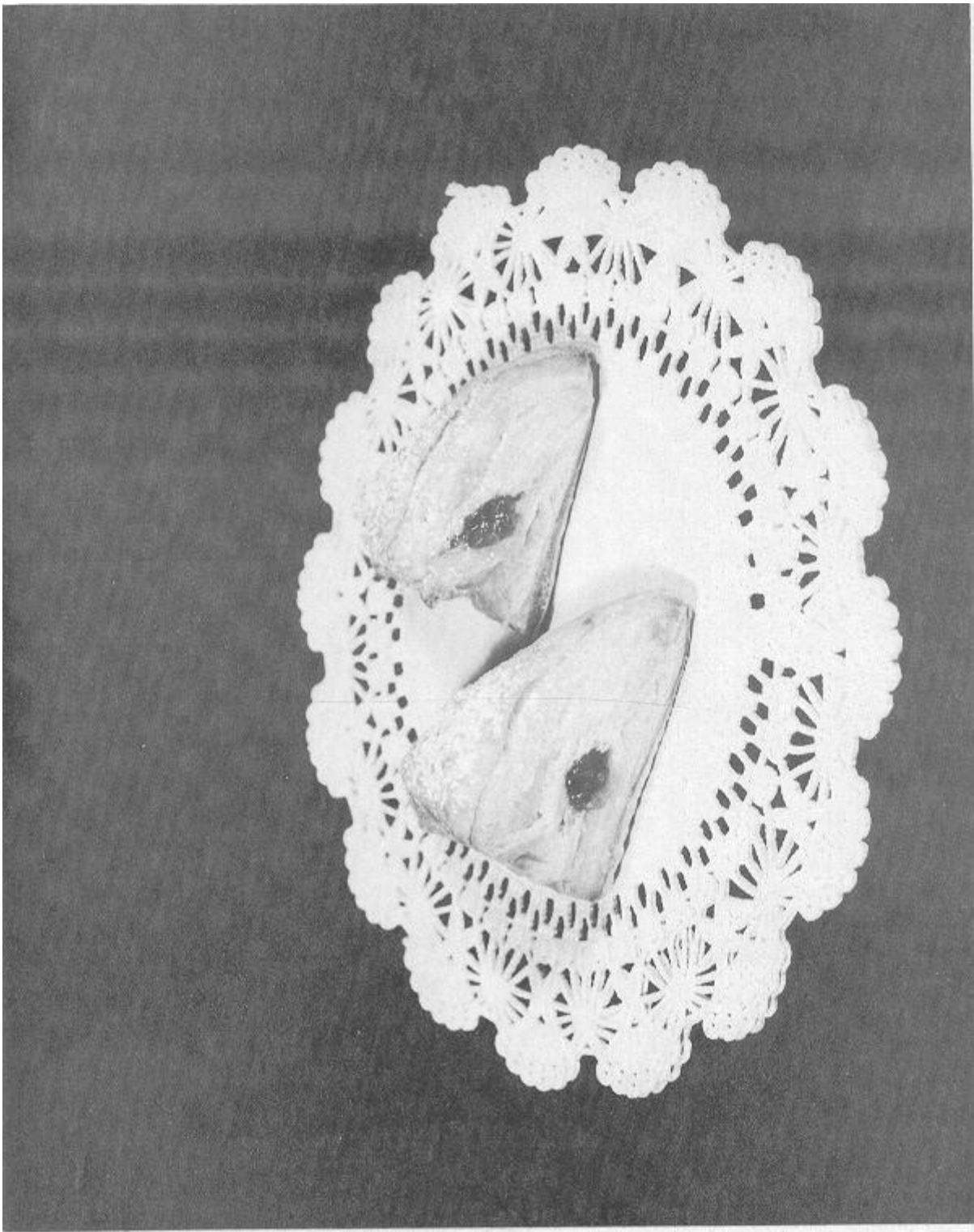
2. Brush with water.

Figure 9. Making puff paste turnovers (Continued).



3. Fold to form triangle; seal corners of longest edge.

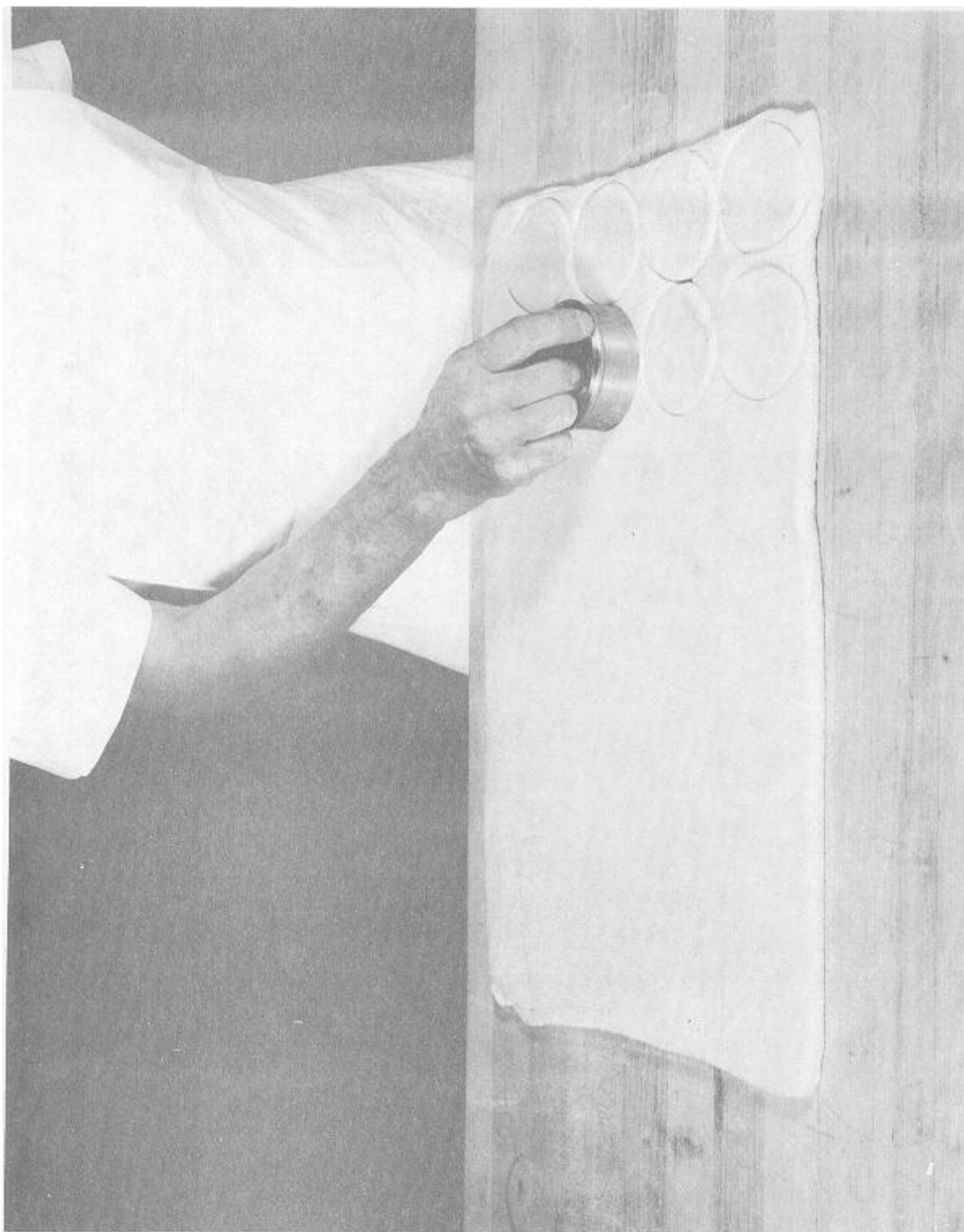
Figure 9. Making puff paste turnovers (Continued).



4. Turnovers (with filling) ready for serving.

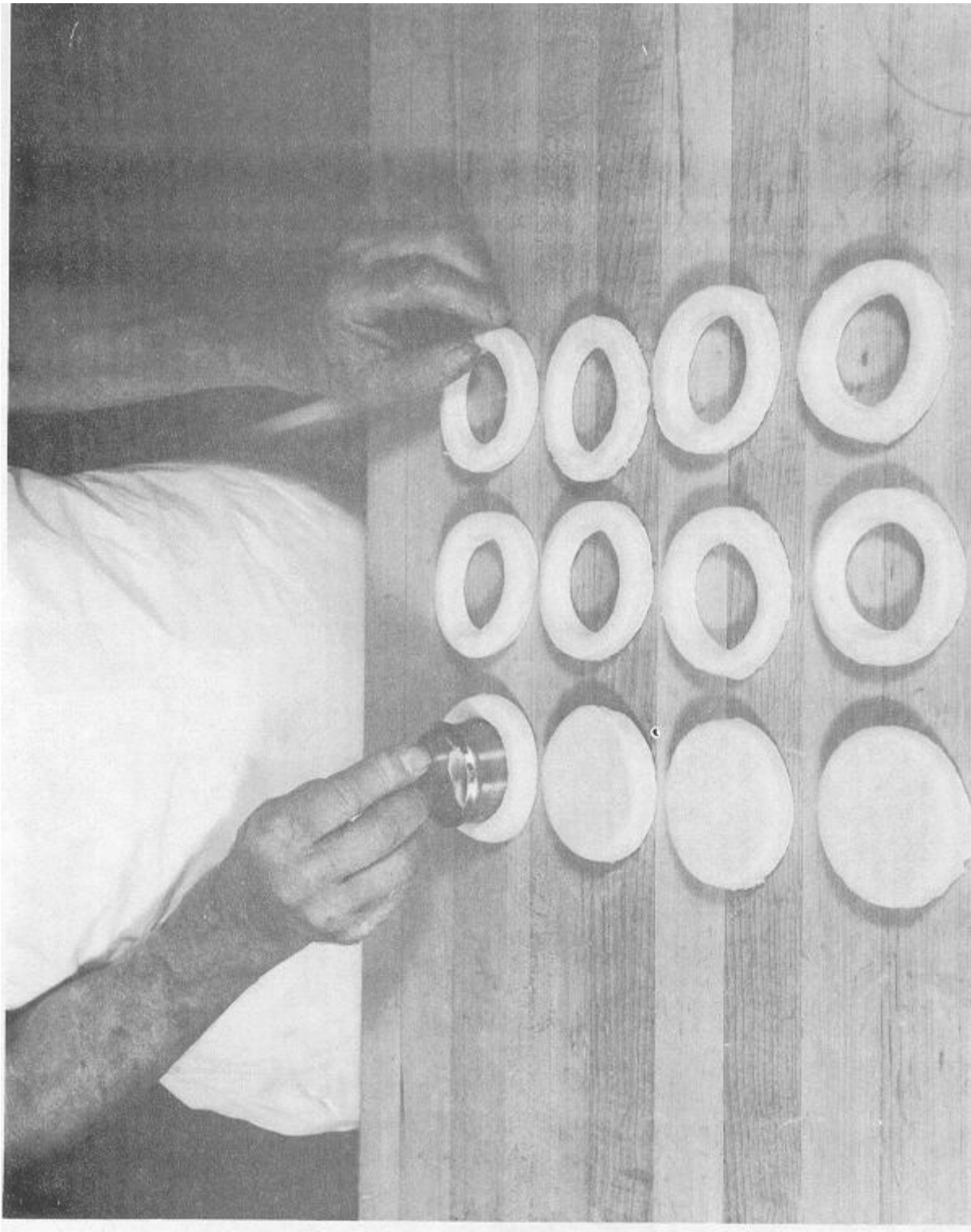
Figure 9. Making puff paste turnovers (Continued).





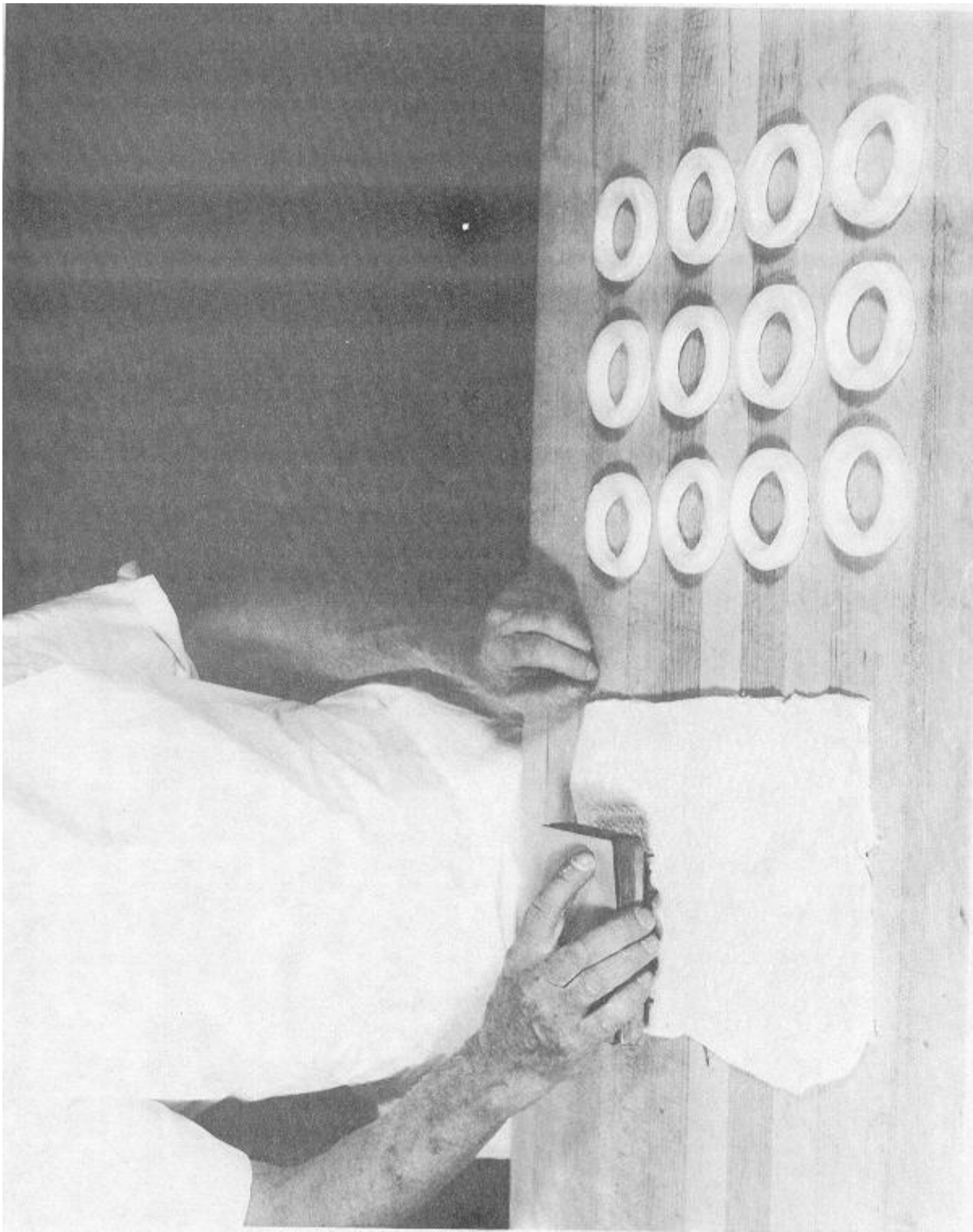
1. Cut dough (rolled to 1/4 inch thickness) with a sharp round cutter.

Figure 10. Making up patty shells.



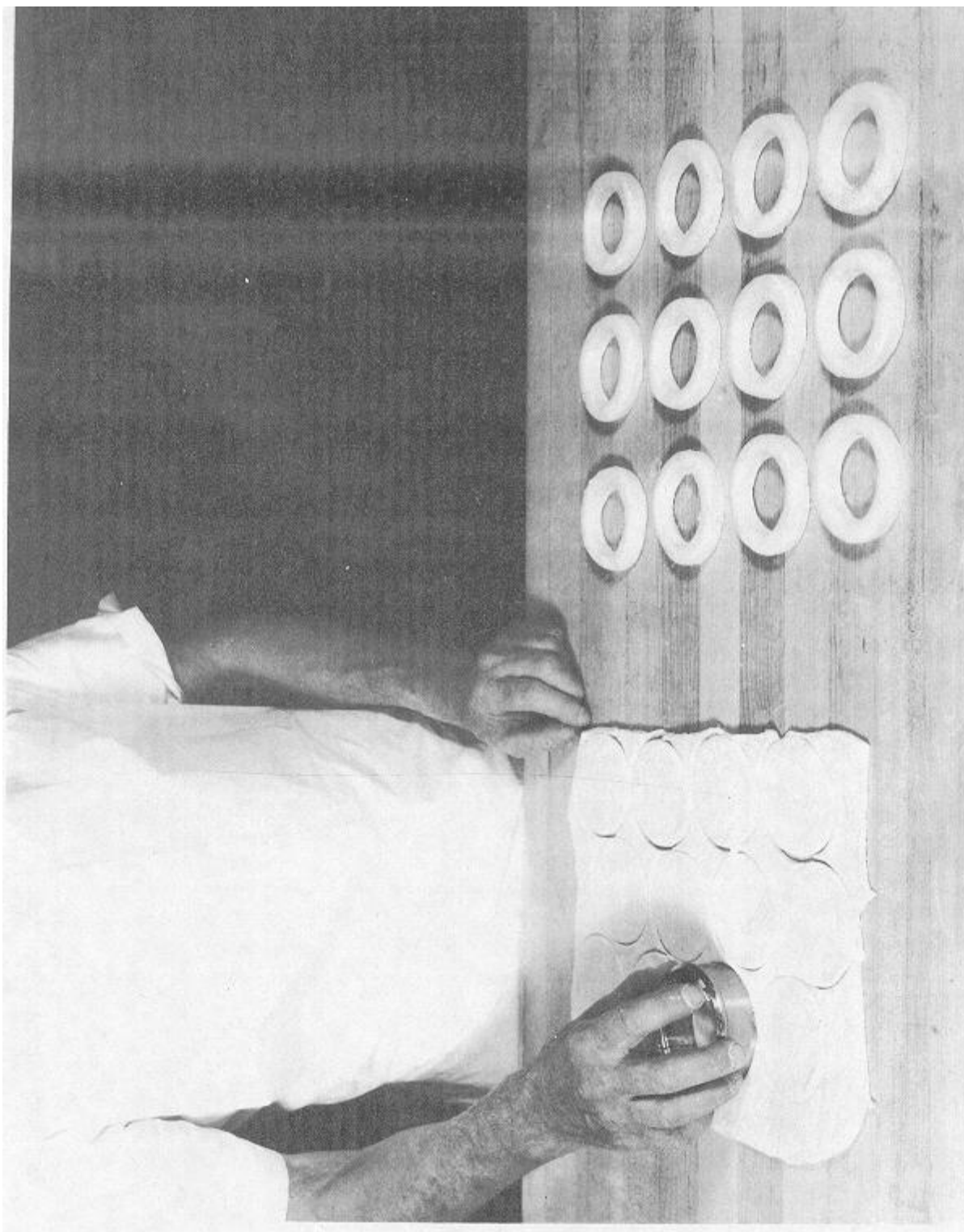
2. Form shell sides by cutting center from circles with a smaller cutter.  
(Dough cut out from center should be saved for later use.)

Figure 10. Making up patty shells (Continued).



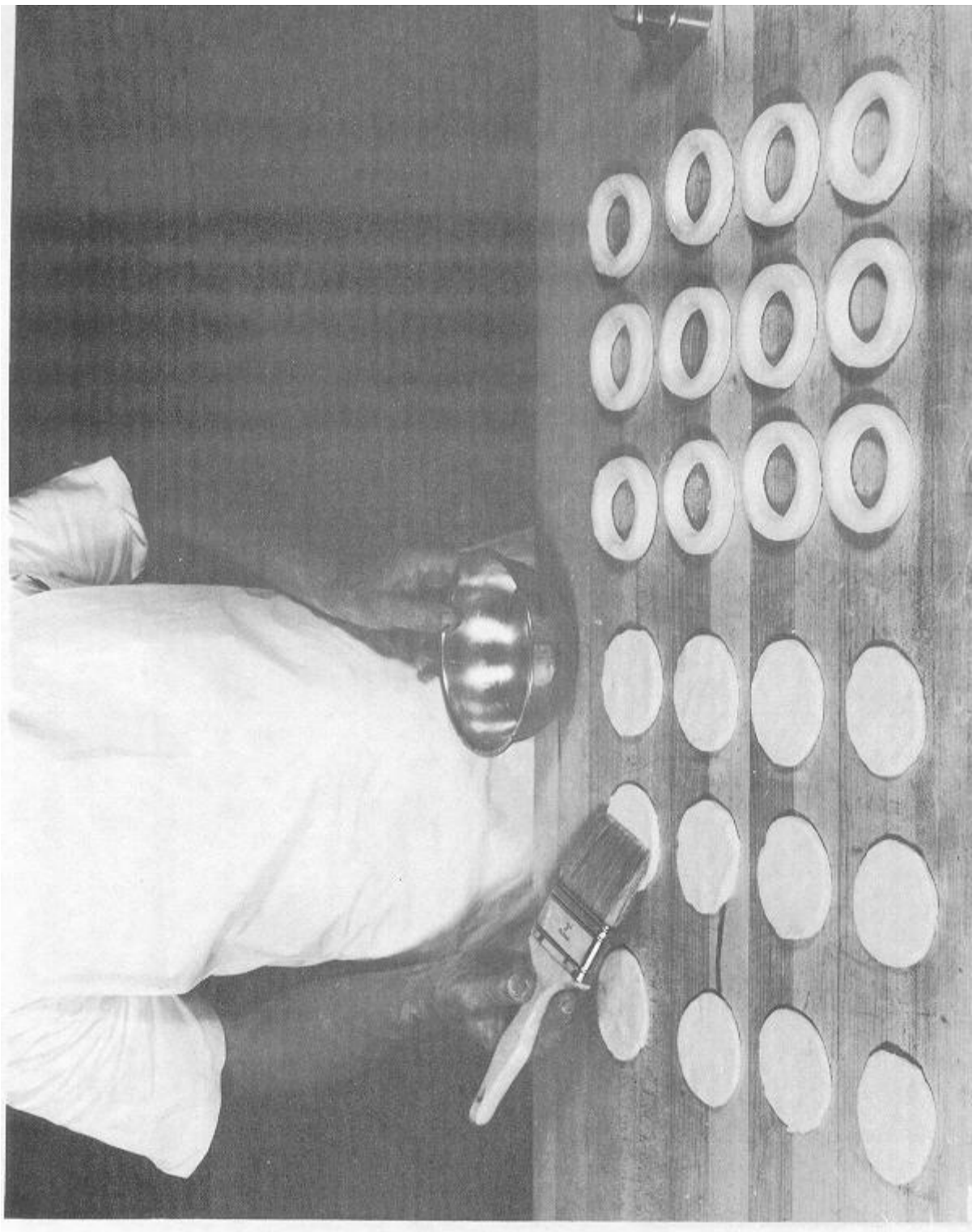
3. Use scrap dough for shell bottoms. Roll to 1/8 inch thickness and dock.

Figure 10. Making up patty shells (Continued).



4. Cut docked dough with the larger cutter originally used in first step.

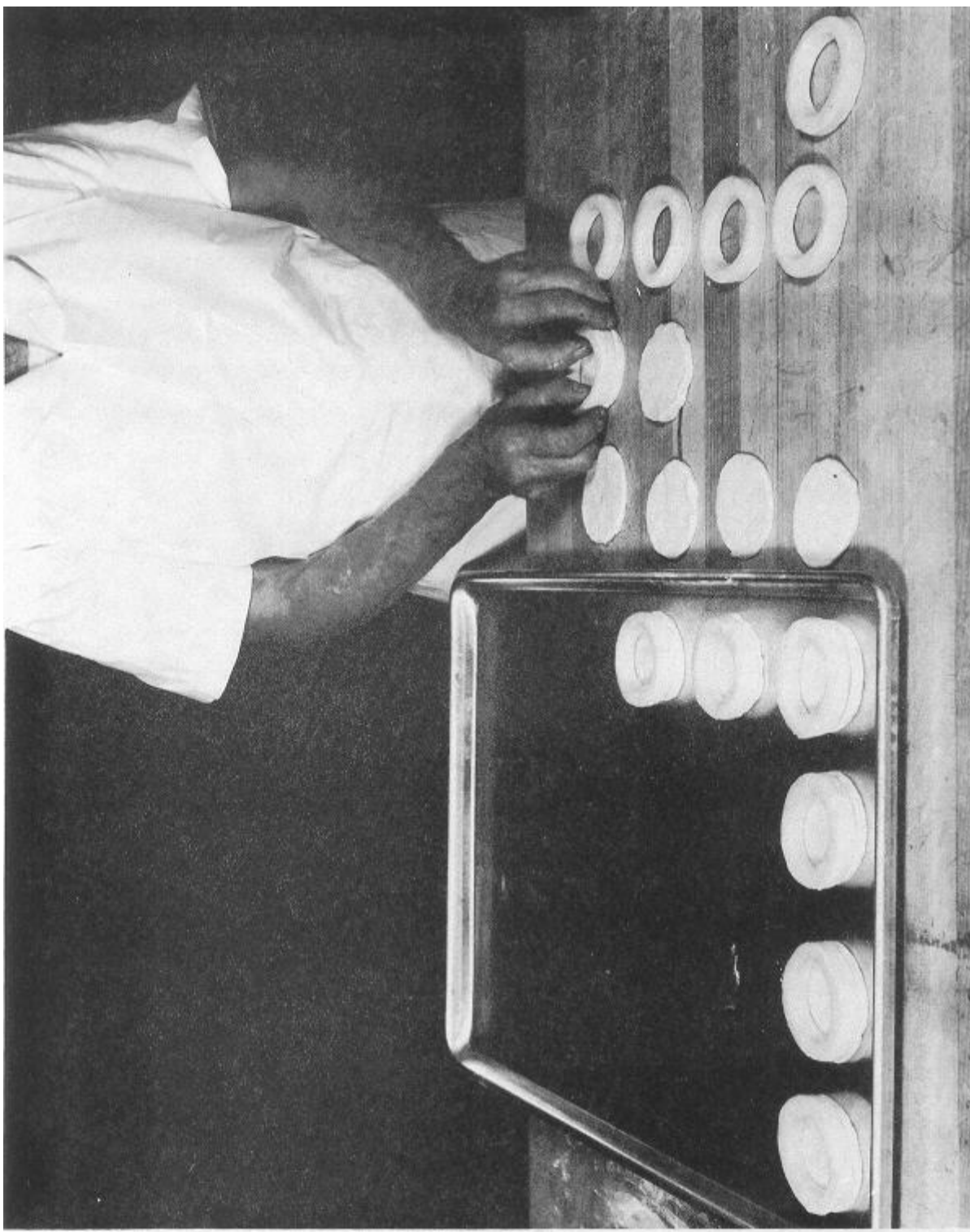
Figure 10. Making up patty shells (Continued).



5. Brush shell bottoms with water.

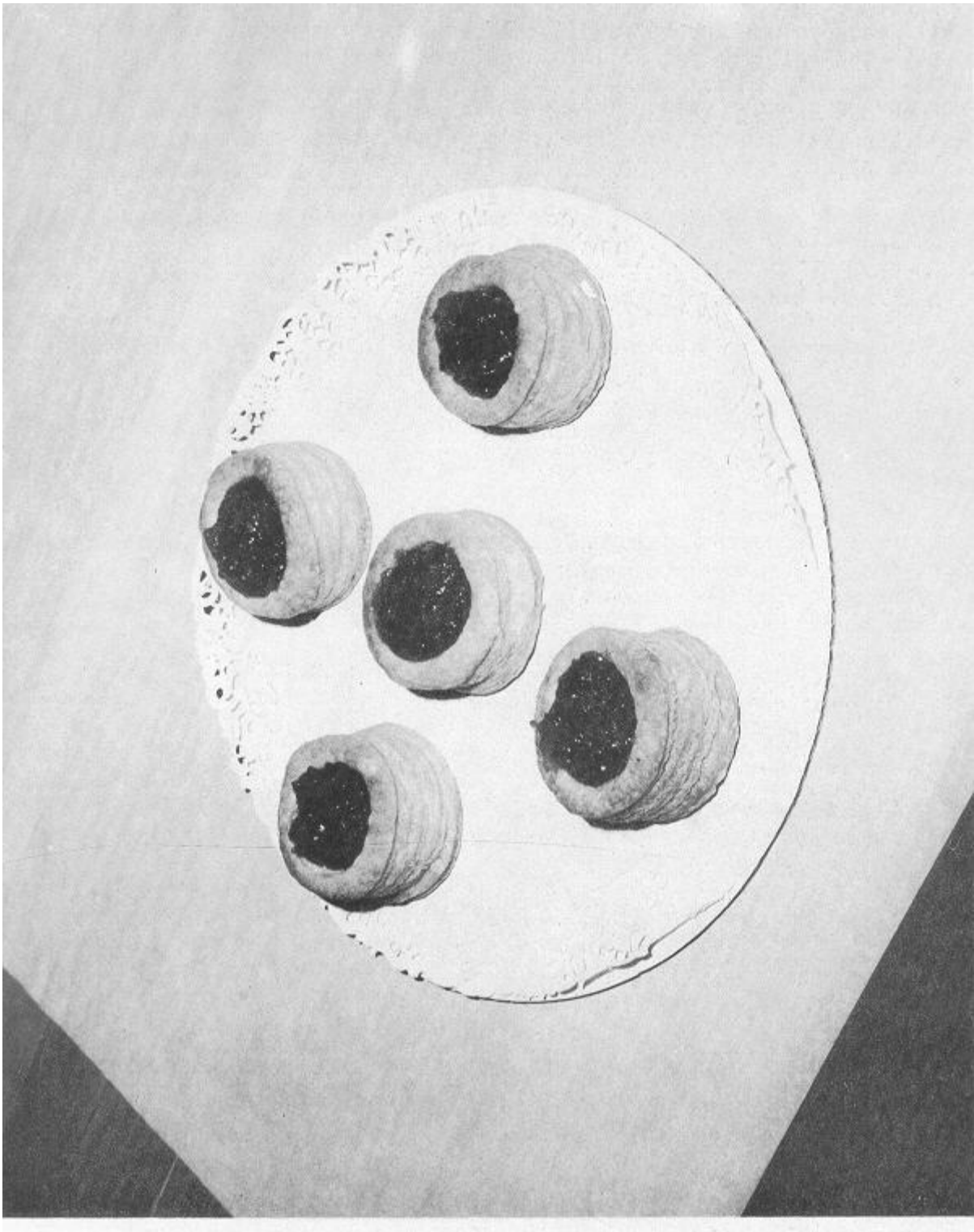
Figure 10. Making up patty shells (Continued).





6. Place ring on shell bottom, taking care to match edges evenly. Invert ring before placing on shell. Prior to panning, shape patty shell carefully and make ring level.

Figure 10. Making up patty shells (Continued).



7. Patty shells (with filling) ready for serving.

Figure 10. Making up patty shells (Continued).

(5) Keep the oven at the specified temperature. If it is too hot, the overlapped pieces of dough will be sealed quickly and the finished pastries will lack volume and be raw in the center. If the oven is not hot enough to bake the fat, the fat will leak out and spoil the flake.

12. CREAM PUFFS AND ECLAIRS. Cream puffs and eclairs are both made from a paste consisting of water, shortening, flour, salt, and eggs. As the shells are baked, they develop hollows that are filled, usually with whipped cream or custard, after the shells are baked and have cooled. They can then be sprinkled with powdered sugar or can be iced with chocolate icing. Cream puffs and eclairs are alike except for their shape; cream puffs are round and eclairs are finger shaped. They should not be made during warm weather and must be kept refrigerated.

a. Cream puffs and eclairs are made as follows:

(1) Water and shortening are combined and boiled.

(2) Flour is added and the mixture is stirred constantly and cooked well.

(3) The cooked mixture is placed in a mixing bowl. Before adding eggs, the mixture must be cooled by beating at medium speed. Only when the mixture has been cooled to 110° F. can the eggs be slowly added and then mixed to a smooth batter.

(4) The batter is dropped on a lightly greased pan that has been dusted with flour and baked for about 30 minutes.

b. The following precautions should be observed:

(1) Make sure that the emulsion is formed properly. Over-cooked flour, cold eggs, too few eggs, or poor quality eggs will produce a poor emulsion.

(2) Make sure that the flour is well cooked, that the proper amount of shortening is used, and that the shells are well formed. If the flour is undercooked or if too little water or shortening is used, the shells may be irregularly shaped. Improper makeup can also cause poorly shaped shells.

(3) If the shortening is not melted completely, or if too much shortening or too little water is used, the hollows may fail to develop in the shells.

13. PETITS FOURS AND FRENCH PASTRIES. Petits fours and french pastries are tiny frosted cakes of various shapes.

a. Petits fours are made by cutting butter cake into small pieces, glazing the pieces, covering them with fondant frosting, and decorating them.



(1) Thin layers of cake (bottom side up) are cut into any desired shapes, such as squares, oblongs, triangles, or circles. A sharp knife should be used and the knife should be wiped with a damp cloth before each cut.

(2) The tiny pieces are glazed by inserting a fork into the side of a cut piece dipping it in the glaze to cover all of it except the top, and placing it on a rack with the uncovered side down.

(3) After the pieces have been glazed and placed on a rack, fondant frosting is poured over them by moving the container of frosting from cake to cake and back again to cover each cake generously but gradually.

(4) After the frosting has set, the cakes should be removed from the rack with a spatula and the frosting trimmed from the bottom of each.

(5) The tiny cakes can be decorated in any desired design with icing colored with vegetable coloring or melted chocolate. The decorations should be applied with a cone made of cooking paper or vegetable parchment or with a pastry bag and tube with a small opening. Nuts, candied citrus peel, cherries, or other decorations may also be used.

b. French pastries are also made from cake cut into small pieces and iced with a rich butter cream icing. They may have an added coating of coconut, nut meats, or a crunch.

14. COOKIES. There are many types of small, rich cookies suitable for buffet service, but only two types are discussed below -- "fancy" and icebox cookies.

a. "Fancy" cookies. "Bag type" or pressed cookies are sometimes referred to as "fancy" cookies. They are usually made from a special dough that is quite rich. The dough must be soft and smooth enough to be forced through a bag or press, yet stiff enough to hold its shape during baking. Spritz cookies are one type of pressed cookies; they are rich, delicate, and tender; and they keep well. They are made by gradually adding sugar to creamed butter, blending in egg yolks, stirring in flavoring and then flour, and mixing thoroughly. The dough is forced through a cookie press or bag onto cold, ungreased cookie sheets about 1 inch apart and then baked. Some pressed cookies may contain more than one color or flavor, or both; they may also be decorated with a small piece of nut meat or candied cherry.

b. Icebox or refrigerator cookies. Icebox cookies are made from a stiff dough prepared basically from flour, baking powder, salt, shortening, sugar, eggs, and flavoring. A large variety of these cookies can be made by using different food colorings and flavorings. Dates, nuts, coconut, or other ingredients may also be used in them. Some variations in design that can be made by using plain dough and chocolate dough in

different combinations are checkerboard, pinwheel, half and half, and ribbon cookies. The dough is made up in rolls, wrapped in paper, and chilled thoroughly in the refrigerator before it is sliced into cookies and baked. Icebox cookie dough can be made ahead of time and used as needed.

(1) Figure 11 shows how checkerboard icebox cookies are made up.

(2) Pinwheel designs are made by using one sheet of plain dough and one sheet of chocolate dough, each rolled out into a rectangular shape. The plain dough sheet is rolled slightly longer than the chocolate sheet. The chocolate sheet is placed on top of the plain dough sheet and rolled as a jelly roll, starting at the longer side. The roll is refrigerated and sliced into thin cookies. The cookies are placed on a slightly greased cookie sheet and baked in a moderate oven.

15. FANCY ROLLS. Fancy rolls are usually made from rich, yeast-raised dough. For buffet service the rolls should be small, approximately three-fourths of an ounce. They can be made up in a variety of forms, such as tiny cloverleaf rolls, braids, twists, butterfly rolls, or other shapes. Makeup of the various shapes begins after the first rising of the dough. The rolls may be left plain or decorated with poppy seeds or sesame seeds. Suggestions for makeup of braids, twists, and butterfly rolls are given below.

a. To make braids, place dough on lightly floured board. Cut off pieces of dough the size of a golf ball (or smaller) for each strip to be used in the braid, and, with fingers of both hands, roll out the dough into 10-inch lengths about one-fourth of an inch (or less) in diameter. Place three strips side by side on the board, press the far ends together firmly, and braid them in the usual way, making the braid moderately loose. Cut the braids into desired lengths and press the cut ends together. Place the cut pieces on a greased baking sheet, brush with melted butter, cover, and let rise in a warm place until double in bulk. Bake, and serve hot.

b. To make twists, place dough on lightly floured board and roll into a rectangular sheet about one-fourth of an inch (or less) thick, and brush with melted butter. Fold bottom third upward over middle third, and fold top third of dough downward over the first fold to make three thicknesses. Cut folded dough into desired widths. Twist each strip several times, place on greased baking sheet, brush with melted butter, cover, and let rise in a warm place until double in bulk. Bake, and serve hot.

c. To make up butterfly rolls, place dough on lightly floured board and roll into a rectangle about one-fourth of an inch (or less) thick. Spread with softened butter, roll up tightly as a jelly roll, and cut into pieces of desired width. Lay handle of knife or a wooden spoon across the center of each slice parallel with the cut surfaces, and press



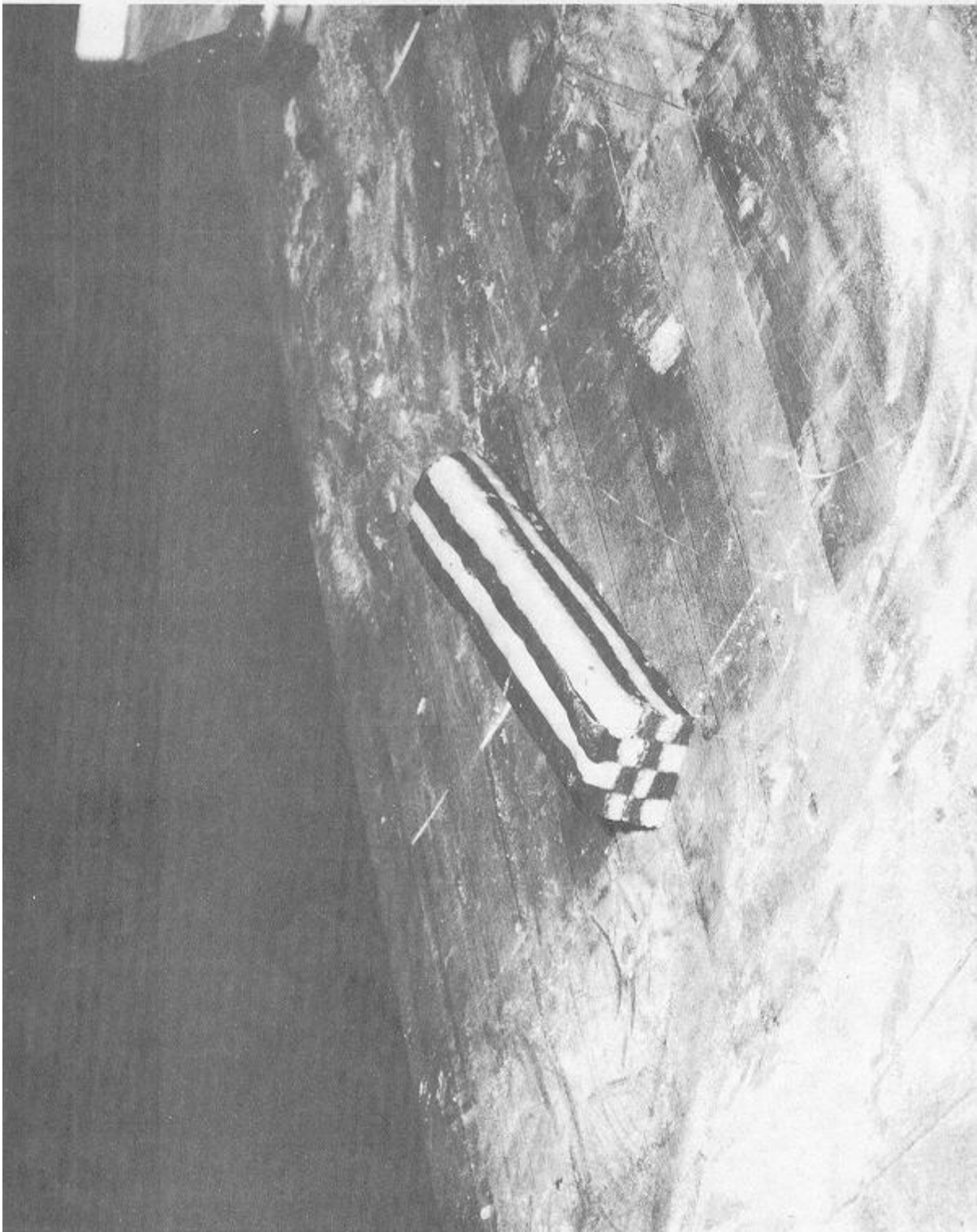
1. Roll two pieces of plain dough and two of chocolate dough to  $\frac{3}{8}$  inch thickness. Brush tops of 3 of the pieces with water; then stack, alternating the plain and chocolate layers. Place unwashed layers on top.

Figure 11. Preparing icebox cookies in checkerboard design.



2. Cut the four layers of dough into strips about 1/2 inch thick; then brush cut surface with water.

Figure 11. Preparing icebox cookies in checkerboard design (Continued)



3. Place four strips of dough together so that the colors alternate; then wrap dough in waxed paper and chill in the refrigerator.

Figure 11. Preparing icebox cookies in checkerboard design (Continued).



4. Slice cookies 1/4 inch thick, then place in ungreased pan.

Figure 11. Preparing icebox cookies in checkerboard design (Continued).

down firmly. Place cut pieces on a greased baking sheet, cover, and let rise until double in bulk. Bake, and serve hot.

16. CAKE DECORATING. Various methods of finishing are used to add flavor and eye appeal to cakes. The finishing method should be selected according to the type of cake and the occasion for which the cake is being prepared. The most popular methods are to use frosting or icing, fillings, toppings, icing or frosting with decorations, or other appropriate combinations.

a. The terms "frosting" and "icing" generally are used interchangeably, but there is a slight difference. Frosting, which is used mainly on cakes, may be cooked or uncooked and is thicker than icing. Fudge frosting is an example of the cooked type; butter frosting, of the uncooked type. Icing may be used on cakes, pastries, and some types of rolls. It may be fluffy or thin. Fluffy icing is cooked; thin icing may be cooked or uncooked. Frosting or icing improves the keeping quality of cake by retarding the loss of moisture.

b. Fillings are cooked, thickened mixtures that are spread between the layers of cakes; for example, custards or fruit fillings.

c. Toppings are ingredients sprinkled on cakes before or after they are baked. Examples are nuts, coconut, sugar, and semisweet chocolate.

d. Edible, attractive decorations, usually made from icing, are placed on cakes after they have been iced or frosted and the icing or frosting has dried. The decorations may be flowers, symbols, writing, borders, or any number of designs or combinations of designs, but a cake should never be overdecorated. Decorations are usually used to denote some special occasion.

(1) Decorations can be applied with commercial-type pastry bags of canvas, plastic, or metal, which have various shaped tips--rose, star, round, or other design. They may also be applied with bags made of heavy paper, such as bond, bakery paper, cooking paper, or vegetable parchment. To make a paper bag, cut an oblong about 11 by 18 inches, fold the paper diagonally, and roll it into a cone with a tight tip. Fold the top peaks outward and downward toward the tip to hold the cone firmly. Cut a straight line across the tip to make a small round opening. If other shaped tips are needed, prepare cones as indicated above, but, instead of cutting a straight line across the tip, cut a single notch in the tip of one cone and a double notch in the tip of the other.

(2) Prepare decorative icing and if more than one color is to be used, put the icing into different bowls and tint with vegetable coloring. Pastel shades are usually more attractive than darker colors. Keep the bowls covered.

(3) Either make a sketch of what you want to do or have the goal clearly in mind.

(4) Place the decorative icing in the cone or bag and use one hand to squeeze the icing from the container and use the other hand to guide the cone or bag, if necessary. A cone or bag with a small round tip is best for applying small flowers, dots, or writing. Practice is necessary to determine the tip best suited for making large flowers, leaves, scrolls, and other elaborate designs.

(5) For convenience in applying decorations, position the cake just above elbow level.



## PROGRAMMED REVIEW

The questions in this Programmed review give you a chance to see how well you have learned the material in lesson 2. The questions are based on the key points covered in this lesson.

Read each item and indicate your choice by either circling or writing the correct answer. Please use a pencil to write your answers. If you do not know, or are not sure, what the answer is, check the paragraph reference that is shown in parentheses right after the item; then go back and study or read once again all of the referenced material and either circle or write your answer.

After you have answered all of the items, check your answers with the Solution Sheet at the end of this lesson. If you did not give the right answer to an item, erase it and either circle or write the correct solution. Then, as a final check, go back and restudy the lesson reference once more to make sure that your answer is the right one.

REQUIREMENT. Exercises A1 through A16 are multiple choice. Each exercise has only one single-best answer. Indicate your choice by circling the appropriate letter.

A1. Appetizers are served to-- (para 1)

- a. curb the appetite and discourage overeating when the meal is served.
- b. give the diner a hint of what foods are to be served at the meal that is to follow.
- c. enhance the appetite for the meal that is to follow.
- d. allow guests time to mingle and become acquainted before they sit down to a formal meal.

A2. Which of the following would be considered canapes? (para 2b)

- a. One-half inch cubes of cheese, apples, and celery stuck on cocktail picks and inserted into the half of a grapefruit.
- b. Small rounds of thin whole wheat bread spread with butter and a bacon, liver, and mayonnaise mixture, and garnished with slices of stuffed olives.
- c. Cooked chicken livers wrapped with bacon, secured with toothpicks, broiled, and served on toothpicks stuck into a centerpiece carved from unsliced bread that has been browned.
- d. Hard cooked eggs cut in half lengthwise, yolks removed and mixed with salt, pepper, butter and an anchovy paste mixture and placed back into the egg whites, and garnished with paprika.

A3. Which of the following factors should be considered in planning appetizers? (para 3a)

- a. Whether the party is for military personnel only or for military and civilian personnel.
- b. Whether the appetizers are to be served before or after the meal.
- c. Whether or not a full meal is to be served at the party.
- d. Whether the appetizers should be sweet or tart.

A4. When should the ingredients of cold canapes be assembled? (para 5a(1))

- a. The day before they are to be served.
- b. About 12 hours before they are to be served.
- c. About 4 hours before serving time.
- d. As near serving time as possible.

- A5. Why should the base of canapes be spread with butter? (para 5a(2))
- a. To keep the canapes moist.
  - b. To make the spread or "filling" adhere to the base.
  - c. To prevent the canapes from become soggy.
  - d. To distinguish them from hors d'oeuvres.
- A6. Which of the following is used most frequently as a base for hot canapes? (para 5b(2))
- a. Buttered toast.
  - b. Plain toast.
  - c. Plain white bread.
  - d. Unsalted soda crackers.
- A7. After ham roll hors d'oeuvres are rolled and refrigerated, they should be sliced into what size pieces? (para 6a(1))
- a. 1/4 inch.
  - b. 1/2 inch.
  - c. 1 inch.
  - d. 1 1/2 inch.
- A8. Which of the following appetizers are usually served at elaborate parties where a full meal is not to be served? (para 7)
- a. Fruit cocktails.
  - b. Cold canapes.
  - c. Cold hors d'oeuvres.
  - d. Hot hors d'oeuvres.

- A9. What pastries used for buffets are made by rolling fat into a layer of yeast-raised sweet dough to make the item flaky? (para 10a)
- a. Cream puffs.
  - b. Eclairs.
  - c. Danish pastries.
  - d. Puff pastries.
- A10. Snails are made from what kind of dough? (para 10a and figure 3)
- a. Danish pastry dough.
  - b. Puff pastry dough.
  - c. Petits fours dough.
  - d. Eclair dough.
- A11. When are glazes and icings added to danish pastry? (para 10b)
- a. Immediately after baking.
  - b. During makeup.
  - c. Immediately after being removed from the proofing box.
  - d. During baking.
- A12. Which of the following buffet pastries are made from a dough consisting of only shortening, flour, water, and salt? (para 11, a, and figure 6)
- a. Coffee rings.
  - b. Cream horns.
  - c. Cream puffs.
  - d. Petits fours.

- A13. When is filling added to turnovers? (para 11)
- a. Before they are baked.
  - b. While they are baking.
  - c. Immediately after they are taken from the oven.
  - d. After they have been baked and cooled.
- A14. Which of the following pastries are made from the same paste dough as turnovers? (para 11)
- a. Patty shells and cream horns.
  - b. Cream puffs and cream horns.
  - c. Petits fours and eclairs.
  - d. Cream puffs and eclairs.
- A15. Which of the following are pressed cookies? (para 14a)
- a. Pinwheel.
  - b. Checkerboard.
  - c. Spritz.
  - d. Eclairs.
- A16. Which of the following principles should be observed in cake decorating? (para 16d(1))
- a. Apply decorations before the cake frosting has set, or dried.
  - b. Use a pastry bag or cone for applying decorations.
  - c. Use only one color of decorative icing for decorating each cake.
  - d. Add coloring to decorative icing while the icing is being cooked.

REQUIREMENT. Exercises A17 through A20 are true-false. Record each answer by writing a T or an F next to the exercise number.

- A17. All canapes of one kind should be garnished with the same garnish. (para 5a(7))
- A18. Hors d'oeuvres are prepared from basically the same foods that are used in preparing canapes. (para 6)
- A19. Some fruits may be wrapped in bacon or thin ham slices, broiled, and served as hot hors d'oeuvres. (para 6b(3))
- A20. Canapes and hors d'oeuvres should not be served from the same tray. (para 7a)

DO YOU UNDERSTAND EVERYTHING IN THIS PROGRAMMED  
REVIEW? HAVE YOU CHECKED YOUR RESPONSES, MADE  
CORRECTIONS, AND RESTUDIED THE TEXT, IF  
NECESSARY? IF YOU HAVE, GO ON TO THE  
EXAMINATION.

## APPENDIX

### REFERENCES

FM 10-22 Baking Operations

Wise Encyclopedia of Cookery by William H. Wise & Co., Inc.

Modern Encyclopedia of Cooking by J. C. Ferguson and Associates

Joy of Cooking by Rombauer and Beckes

### PUFF PASTE DOUGH

(see para 11a, Lesson 2, Section II, para 83)

PERCENT	INGREDIENTS	WEIGHTS
.3878	flour, bread	2-0
.0061	salt	0-1/2
.0970	puff paste shortening	0-8
.2182	water, "cold" (40-50°F)	1-2
.2909	puff paste shortening (for spotting)	1-8

PROGRAMMED REVIEW

SOLUTIONS

<u>EXERCISE</u>	<u>SOLUTION</u>
A1.	c
A2.	b
A3.	c
A4.	d
A5.	c
A6.	a
A7.	b
A8.	d
A9.	c
A10.	a
A11.	a
A12.	b
A13.	a
A14.	a
A15.	c
A16.	b
A17.	T
A18.	T
A19.	T
A20.	F